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# **Air Stage Subsidy Monitoring Program**

## **Final Report**

### **Volume 1: Food Price Survey**

*Prepared for  
The Department of Indian Affairs and Northern Development*

*by Judith Lawn  
Dialogos Educational Consultants Inc.*

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## *Executive Summary*

Prior to 1991, the Air Stage Subsidy ("food mail") Program was administered by Canada Post Corporation. In response to community concerns regarding a government decision to gradually phase out this subsidy, a federal review team consulted with local communities and interested parties in 1990 and presented their findings in the report, "Food for the North".

That report documented serious problems regarding the nutritional status of northern Indians and Inuit and the high cost of a nutritious diet, especially nutritious perishables. The affordability of a nutritious diet was especially precarious in the Northwest Territories where the cost was approximately two and a half times as high as in Ottawa.

In 1991, the Department of Indian Affairs and Northern Development assumed responsibility for the program and the funding was stabilized at \$15 million per year. A number of changes were introduced to permit all isolated communities in northern Canada to use the system, to create a uniform rate and a preferential rate for nutritious perishables and to exclude foods of little nutritional value. These rate changes were implemented gradually in October 1991, October 1992 and July 1993. Between 1991 and 1993, rates for nutritious perishables were significantly reduced in the NWT and increased in the provinces. Rates for non-perishables remained at the same level in the NWT and were increased in the provinces.

To determine the impact of these changes on food prices, price surveys were conducted in 20 air stage communities as well as their staging points and southern cities in 1991, 1992 and 1993. The prices were used to construct a Northern Nutritious Food Basket which meets the nutrient requirements of a family of four and is based on the availability of foods and food preferences of Northerners.

Between 1991 and 1993, there were significant reductions in the cost of nutritious perishables and in the cost of a nutritious diet in most air stage communities in the NWT. Broughton Island was the only exception but this may be due to reduced competition following the closure of the local cooperative. The price reductions varied by food group and community but generally, the largest savings were for fresh fruit and vegetables. Lower food costs and higher social assistance and minimum wage income combined to improve the affordability of a nutritious diet and to increase access to key nutrients.

The impact on the provinces has been mixed. In Quebec, overall price increases for perishable food were within the expected range for all communities except Kangiqsujuag, where the increase was almost double the expected amount. The cost of feeding a family of four increased in all communities by \$12 to \$19 per week. In Labrador, weekly food costs, particularly the cost of perishables, increased substantially. However, this increase could not be primarily attributed to changes to the postal rates. In Fort Severn and Peawanuck, Ontario, the cost of nutritious perishables fell despite higher postal rates. Food affordability for those on social assistance or minimum wage has also improved in these communities. The total cost of the basket, and the cost of non-perishables, increased in Sachigo Lake. The cost of

nutritious perishables also declined in northern Saskatchewan. However, higher prices for non-perishables has increased the total cost of feeding a family of four. In Old Crow, Yukon, which has not come on to the food mail system, food prices have declined somewhat due to reductions in prices of non-perishables, but food costs, especially for perishables, continue to be the highest in Canada.

In the NWT and Labrador it would be impossible for a two-parent family of four on social assistance to purchase the basic Northern Food Basket which would meet their nutritional requirements even if they spent their entire after-shelter income on food. Single-parent families on social assistance would require a lower percentage of their income for food, but the amount required exceeded 90 percent of their after-shelter income. Families on social assistance are best off in northern Ontario.



## *Sommaire*

Avant 1991, le programme de subvention accordée au service aérien omnibus (le service d'approvisionnement alimentaire par la poste) était administrée par la Société canadienne des postes. En réponse aux préoccupations exprimées par les collectivités face à la décision du gouvernement de retirer graduellement cette subvention, l'équipe fédérale chargée d'examiner la question en 1990 a consulté les collectivités et les parties intéressées et a présenté les résultats de ses travaux dans le rapport intitulé «Produits alimentaires destinés au Nord».

Le rapport documentait les problèmes graves de nutrition constatés chez les Indiens et les Inuit du Nord, et le coût élevé dans cette région d'un régime alimentaire nutritif, en particulier pour les aliments nutritifs périssables. La situation apparaissait tout particulièrement précaire dans les Territoires du Nord-Ouest pour ce qui est du caractère abordable des produits alimentaires, car leur coût y était deux fois et demie plus élevé qu'à Ottawa.

En 1991, le ministère des Affaires indiennes et du Nord canadien (MAINC) a pris en main le programme et stabilisé le montant de son financement à 15 millions de dollars par année. Un certain nombre de changements y ont été apportés afin d'étendre le réseau à toutes les collectivités isolées du Nord canadien, de créer des tarifs uniformes et un tarif préférentiel pour les aliments nutritifs périssables, et d'exclure du service les aliments à faible valeur nutritive. Ces changements de tarifs ont été introduits progressivement en octobre 1991, en octobre 1992 et en juillet 1993. Entre 1991 et 1993, les tarifs s'appliquant aux aliments nutritifs périssables ont baissé de façon importante dans les Territoires du Nord-Ouest, pendant qu'ils augmentaient dans les provinces. Les tarifs s'appliquant aux aliments non périssables sont toutefois demeurés les mêmes dans les Territoires du Nord-Ouest, mais ils ont augmenté dans les provinces.

Afin de déterminer les répercussions de ces changements sur le prix des aliments, on a effectué en 1991, en 1992 et en 1993 des études sur les prix dans 20 collectivités bénéficiant du service aérien omnibus, ainsi que dans les collectivités servant de points d'entrée et les villes du sud. En se fondant sur les données recueillies, on a déterminé les éléments d'une provision alimentaire nordique répondant aux besoins nutritifs d'une famille de quatre personnes et tenant compte des aliments disponibles et des préférences alimentaires des habitants du Nord.

Entre 1991 et 1993, on a constaté des réductions importantes dans le coût des aliments nutritifs périssables et dans le coût d'un régime alimentaire nutritif, dans la plupart des collectivités des Territoires du Nord-Ouest bénéficiant du service aérien omnibus. Broughton Island était la seule exception, mais ce facteur est peut-être dû à la baisse de concurrence engendrée par la fermeture de la coopérative locale. Les réductions de prix variaient selon les groupes d'aliments et les collectivités, mais en général les économies les plus importantes étaient reliées aux fruits et aux légumes frais. La baisse du coût de l'alimentation et la hausse des revenus des familles vivant de prestations d'aide sociale ou touchant des salaires minimums ont eu pour effet conjugué de rendre plus abordable le coût d'un régime



alimentaire nutritif et d'assurer un meilleur accès aux aliments nutritifs essentiels.

Les répercussions dans les provinces ont été diverses. Au Québec, les augmentations dans l'ensemble des prix des aliments périssables se situaient dans la fourchette prévue, pour toutes les collectivités sauf Kangiqsujaq où les augmentations étaient presque le double de celles prévues. Le coût de l'alimentation d'une famille de quatre personnes s'est accru dans toutes les collectivités de 12 \$ à 19 \$ par semaine. Au Labrador, les coûts hebdomadaires en ce domaine, en particulier pour les aliments périssables, ont augmenté de façon importante. Toutefois, cette hausse ne pouvait être attribuée surtout aux changements dans les tarifs d'affranchissement. À Fort Severn et à Peawanuck, en Ontario, le coût des aliments nutritifs périssables a baissé malgré les tarifs postaux plus élevés. Les aliments sont donc devenus plus abordables pour les personnes de ces collectivités vivant de prestations d'aide sociale ou touchant des salaires minimums. Cependant, le coût total de la provision alimentaire, tout comme le coût des aliments non périssables, s'est accru à Sachigo Lake. Par ailleurs, le coût des aliments nutritifs périssables a baissé dans le nord de la Saskatchewan. Toutefois, les prix plus élevés des aliments non périssables a fait grimper le coût total de l'alimentation d'une famille de quatre personnes. À Old Crow, au Yukon, une localité qui ne reçoit pas encore de service d'approvisionnement alimentaire par la poste, le prix des aliments a diminué en raison, dans une certaine mesure, de la réduction du prix des aliments non périssables, mais les coûts des aliments, en particulier les aliments périssables, continuent d'y être les plus élevés au Canada.

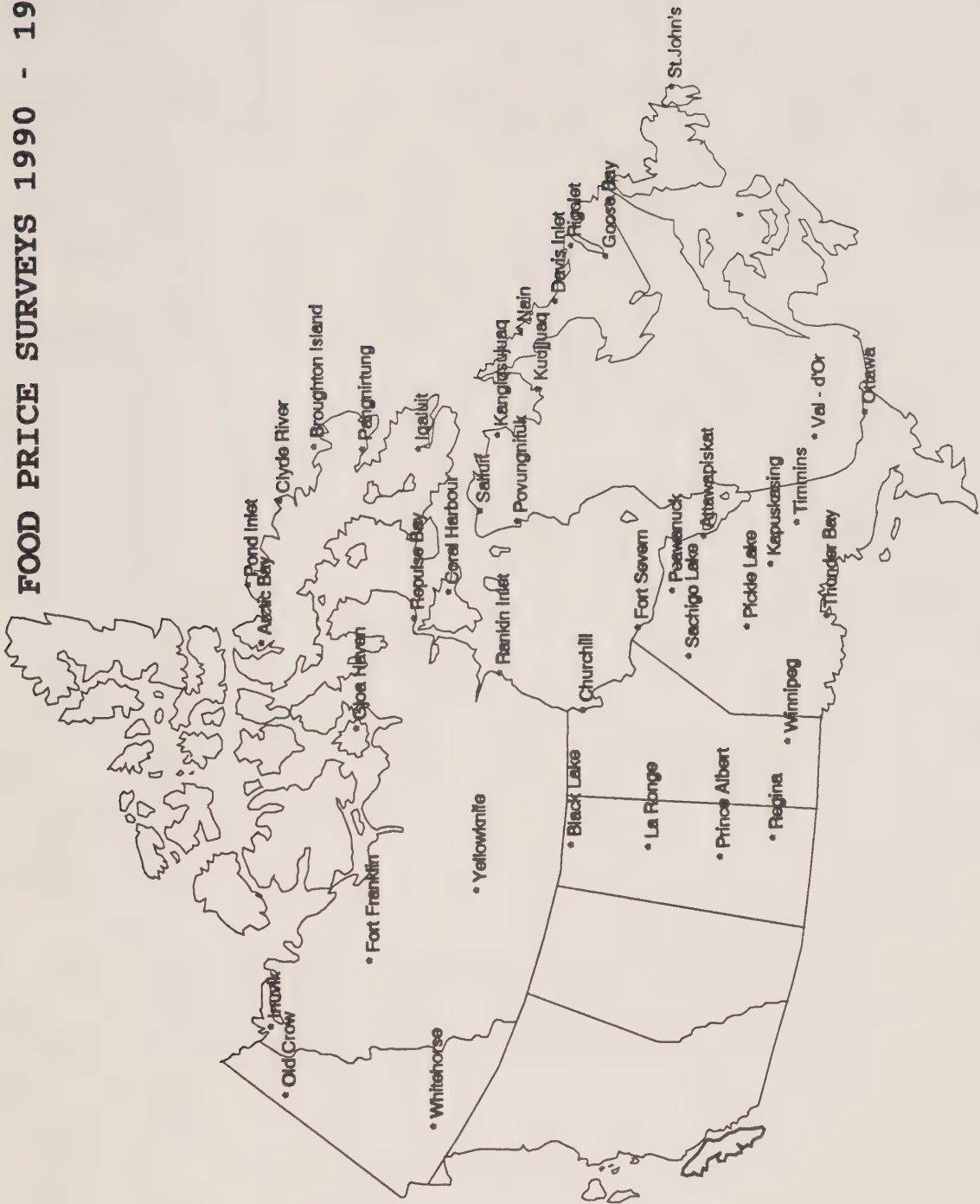
Dans les Territoires du Nord-Ouest et au Labrador, il serait impossible à une famille biparentale de quatre personnes vivant de l'aide sociale de se procurer la provision alimentaire nordique de base répondant à ses besoins nutritifs, même en y consacrant la totalité de son revenu après paiement du logement. Les familles monoparentales touchant des prestations d'aide sociale nécessiteraient un pourcentage moindre de leur revenu pour la nourriture, mais le montant nécessaire représenterait tout de même plus de 90 p. 100 de celui-ci, après paiement du logement. C'est dans le nord de l'Ontario que la situation des familles vivant de l'aide sociale était la meilleure.















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## *Introduction*

In 1990, the Department of Indian Affairs and Northern Development, with the assistance of Health and Welfare Canada, undertook a review of the declining federal subsidy provided to Canada Post for the shipment of goods to isolated northern communities through Canada Post's northern air stage network. The results of this review were released in the report, "Food for the North" prepared by the Department of Indian Affairs and Northern Development. The investigating team found that the air stage service, sometimes referred to as "food mail", had been an effective way of keeping the prices of food and other goods lower than they would otherwise be. At the time, not all regions in Canada had access to subsidized food mail service. For those regions which were eligible, uniform rates applied within each region. However, the much higher postal rates in the Baffin region of the Northwest Territories (NWT) compared to northern Quebec and Ontario were reflected in significantly higher food prices, particularly for perishable foods. Food prices, as measured by the cost of the Northern Nutritious Food Basket, were approximately double those in Ottawa. The difference in the cost of the perishable component was particularly great. The high cost of nutritious food was viewed as placing many, especially those with the greatest nutrient needs, such as young children and pregnant women or those on social assistance or earning minimum wage, at risk of malnutrition and poor health.

In May 1991, the Department of Indian Affairs and Northern Development assumed responsibility for the administration of the Air Stage Subsidy Program and in August 1991, announced changes to the structure and application of the program to be implemented in two phases, October 1991 and October 1992. These changes were intended to permit all isolated northern communities to qualify for the subsidy, to gradually implement a uniform rate for all regions and to favour nutritious perishable foods. The amount of the subsidy remained at its current level of \$15 million per year. The department further undertook to monitor the effect of these changes on food prices, consumption, nutrition and health and to report on its findings in 1994. This report would enable the government to determine the future of the subsidy.

This report presents the impact of changes to the air stage subsidy during Phase I and II on food prices in selected northern communities. The impact of changes to the subsidy on food consumption, nutrition and health and the recommendations will be presented in Volume 2 of this report.





## *Background*

### **Nutritional Status of Northern Indians and Inuit**

Studies of the nutritional status of Indians and Inuit have found low dietary intakes of iron, calcium, vitamin A and vitamin D, especially among women of child-bearing age and a trend among young people toward a higher consumption of store-bought foods, especially "junk foods". During the community consultations held during the Air Stage Subsidy Review in 1990, the prohibitive cost of nutritious food, especially fruits, vegetables and dairy products, especially for those on social assistance, was raised in almost every community. The interim report on the impact of Phase I on food consumption supported these concerns, finding low intakes of calcium, vitamin A and folacin by women of child-bearing age and a high consumption of foods of little nutritional value. Inadequate intake of calcium, iron, vitamin A and folacin was more severe among women who were pregnant or lactating. Food security was also a serious issue for many families, especially those on social assistance. The final results of the nutrition surveys conducted in a number of air stage communities will be presented in Volume 2 of this report.

### **Changes to the Air Stage Subsidy**

#### **Phase I:**

Effective October 1991, all isolated northern communities became eligible for food mail service and preferential rates were established for nutritious perishable foods. Foods defined as foods of little nutritional value were removed from the subsidy and a higher rate was set for non-perishables. The decision to favour nutritious, perishable foods was intended to make the best possible use of the subsidy in promoting nutrition and health and to encourage the use of the sealift for non-perishable food, foods of little nutritional value and non-food items.

The per kilogram rate for nutritious perishables was reduced from \$2.10 to \$1.50 in the NWT and increased from \$.52 in Ontario and Saskatchewan and \$.64 in Quebec to \$.75. The rate for non-perishables remained unchanged at \$2.15 per kilogram in the NWT and was increased to \$.80 in the provinces. Rates to Old Crow, Yukon became the same as in the NWT. A charge of \$.75 per parcel also applied. Food mail was only accepted at designated entry points, known as staging points. A Communiqué explaining these changes, the food categories which qualified for the different rates, as well as a list of foods of little nutritional value, was distributed to retailers, municipal/band councils, appropriate regional health boards, federal/territorial government departments and Native organizations.



## **Phase II:**

Originally, changes contemplated to postal rates in Phase II would have created a uniform rate for nutritious perishables and non-perishables. Such a move would have resulted in a further substantial decrease in the rate for nutritious perishables in the NWT and a substantial increase in the rate for non-perishables in the provinces.

To allow merchants, especially cooperatives, sufficient time to adjust to the new policy and to make the necessary arrangements for greater use of the sealift, the full implementation of Phase II was delayed. In October 1992, rates for nutritious perishables decreased to only \$1.20 per kilogram in the Northwest Territories and increased to \$.80 in the provinces. The rate for non-perishables in the provinces increased to \$.90 per kilogram and remained at \$2.15 in the NWT. These changes were announced in a Communiqué issued by the Department of Indian Affairs and Northern Development on June 23, 1992. A history of food mail rates and a list of foods which qualify are presented in Tables 1 and 2.

A further step was taken in July 1993, when the rate for nutritious perishables in the territories was reduced to \$.80 per kilogram. This report, however, does not assess the impact of that reduction, since the last price surveys included here were conducted in the spring of 1993.

## ***Survey Objectives***

1. To determine the price of nutritious perishable foods, non-perishable foods and foods ineligible for the subsidy during Phase I and Phase II.
2. To determine the cost of the Northern Nutritious Food Basket by community and region and the nutritional and health implications, particularly for those at high nutritional risk (i.e. young school-age children, women of child-bearing age).
3. To assess the ability of those receiving social assistance or minimum wage to purchase the Northern Nutritious Food Basket.





## *Anticipated Impact*

It was assumed that changes to the air stage subsidy during Phase I and II would lead to a substantial decline in the cost of nutritious perishable food in the NWT and the Yukon and relatively little change in food prices in northern Quebec and the other provinces.

The cost of nutritious perishables in the Baffin Region of the Northwest Territories was expected to decline by approximately \$.90 per kilogram between 1991 and 1993 resulting in a decrease of approximately \$27 in the weekly cost of the Northern Nutritious Food Basket. The impact in Keewatin, Kitikmeot (Central Arctic) and Inuvik Regions was more difficult to anticipate since these regions were not eligible for food mail prior to the fall of 1991.

In northern Quebec, the price of nutritious perishable food was expected to increase by approximately \$.16 per kilogram which would result in a slight increase (\$5) in the weekly cost of the Northern Nutritious Food Basket. No change was expected in the cost of non-perishable food if shipped by sealift or barge.

In the other provinces it is more difficult to assess the full impact of changes to the subsidy since some regions, such as Labrador, were not eligible for food mail prior to 1991 and other regions, although eligible, were able to negotiate more favourable rates with private airlines than those available under the food mail program. For those communities in northern Ontario on the system, the weekly cost of perishables was expected to increase between 1991 and 1993 by about \$.28 per kilogram (or about \$8). Communities in Ontario without access to sealift or barge service or without winter roads might also have anticipated an increase of \$.38 per kilogram (about \$11 per week) in the cost of non-perishables.

The decision to remove foods of little nutritional value from the air stage subsidy was supported by community, health and social service representatives during the federal review of the program in 1990. Some of these foods, such as pop and potato chips, were not on the system prior to the changes. Others, such as fruit drinks without added vitamin C, prepared cakes and pastry, candy and chocolate bars, had previously qualified. In devising this list the department considered that these foods would still be available to people in the North but could be transported by sealift, barge, or air cargo rather than subsidized food mail. Provided these foods can continue to be transported by sealift/barge or by winter road, prices should not increase as a result of changes to the subsidy. It is possible that in some cases, a lack of storage space or inventory financing might oblige retailers to use air cargo for these products which might add to the cost paid by consumers. Perishable foods of little nutritional value may also have increased in price if shipped by air since they would have to be sent at the current cargo rate.

Access to nutritious perishable foods and therefore, to essential nutrients such as calcium, iron, vitamin A and folacin should have improved in the NWT and should not have been significantly altered in the provinces.

Provided that social assistance rates or minimum wage scales remained the same, the affordability of the Northern Nutritious Food Basket and therefore, access to a nutritious diet should have improved in the NWT and declined slightly in Quebec and in Ontario.



## *Method*

### **Selection of Communities**

Approximately 30 northern communities and southern supply centres were selected for the price surveys between 1991 and 1993 (Table 3). Air stage communities were chosen to represent the regions affected by changes in Phase I and II, including the Baffin, Keewatin, Kitikmeot, and Inuvik Regions of the Northwest Territories, the Hudson and Ungava regions of northern Quebec, Labrador, northern Ontario, northern Saskatchewan and the Yukon. Unfortunately, because of time and cost considerations, the survey could not be completed for every community in each of the three years, nor could the surveys be undertaken in the same month in every community.

### **Collection of Price Data**

The price survey followed the same guidelines used in the 1990 study. Prices were collected for 107 food items and seven personal care products. Prices were collected in each retail food outlet in selected air stage communities and staging points and in the same retail outlet in each of the southern cities. Price surveys were carried out in September 1991, prior to the implementation of Phase I, between February and June in 1992, and between February and September in 1993. In Newfoundland and Labrador, the 1991 surveys were conducted prior to freeze-up in November. The results of the 1990 food price surveys which were presented in the report, "Food for the North", are also included for comparison.

Price collection was conducted by the consultant, the Department of Indian Affairs and Northern Development, the Labrador Inuit Health Commission, Health and Welfare Canada, GNWT Health and the Yukon Bureau of Statistics. Investigators were instructed to select food products in the preferred form and size and to select the brand in order of preference. Detailed instructions were provided to allow for substitutions where necessary. National brands were used for most products in order to ensure consistency of quality. If the preferred brands were unavailable in the preferred size, an alternate brand, preferably a national brand, was selected. If the preferred size was unavailable, the next closest size in the preferred brand was selected. If neither the preferred brand nor size was available, the next national brand in the closest size was selected. Regular and sale prices, where available, were recorded for each item.

### **Development of the Northern Nutritious Food Basket**

As in the 1990 report of the Air Stage Subsidy Review, food prices were selected for each of the 46 foods listed in the Northern Nutritious Food Basket (Northern Food Basket) (see Table 4). This basket was developed in cooperation with Agriculture Canada, Health and Welfare Canada and NWT Health and modelled after Agriculture Canada's Thrifty Nutritious Food Basket. It reflects the spending pattern of low-income Canadians and meets the

nutrient requirements of a reference family of four (i.e. a woman (25–49 years), a man (25–49 years), a boy (13–15 years) and a girl (7–9 years)). The weight of each food group in the Northern Food Basket is similar but not identical to that of the Thrifty Nutritious Food Basket. Both are based on Canada's Food Guide and the 1990 Recommended Nutrient Intakes for Canadians with a moderately active lifestyle. The choice of foods and their relative importance within each group reflect their availability in isolated northern communities and information regarding their consumption obtained from northern studies. This basket is not intended to be promoted as an ideal diet and should not be considered as such. Rather, it represents a price monitoring tool which meets the nutrient requirements of a family of four and takes into account consumption patterns and food availability. The nutrient composition of the basket is based on the 1990 Canadian Nutrient File calculated by Health and Welfare Canada. Table 5 provides the total nutrient content of the basket for a family of four.

## Price Selection

The lowest regular price available in each air stage community was selected for each product. (Sale prices were used in southern centres and staging points.) For fresh fruit and vegetables, the cheapest per kilogram price was used. For fluid milk, the cheapest price per litre for fluid 2% or ultra high temperature (UHT) milk was used. For other foods, the lowest price for the specified brand and size in each community was selected. To ensure consistency, a set of substitution rules was developed to follow when the brand or size specified on the pricing form was unavailable. Where products were unavailable, prices were imputed from prices in neighbouring communities.

## Price Analysis

The retail price of each food item was scaled so that foods within each food group could be expressed in similar units. These scaled prices were then weighted based on information on consumption patterns to arrive at an average price per unit for each food group. The unit cost for each food group was then multiplied by the quantities required to meet the 1990 Recommended Nutrient Intakes established by Health and Welfare Canada for each age/sex group. Weekly food costs were determined for various categories of males and females, and for pregnant or lactating women based on their nutrient requirements. An iron supplement was incorporated into the baskets of pregnant women in all age groups to meet the high dietary requirement for iron during this period. Finally, five percent of the cost of all items was added to the cost of the basket to allow for the purchase of miscellaneous food items such as condiments, spices, seasonings, tea, coffee, baking powder, etc. The weekly quantities of foods required for the reference family of four are listed in Table 4.

The cost of the Northern Food Basket as well as the cost of the perishable and non-perishable components was calculated for 1991, 1992 and 1993 and compared, where possible, with the results of the 1990 survey which, in a few cases, were also revised to correct errors and inconsistencies. Weekly costs for a family of four were used to construct a food price index to measure change in food costs relative to Ottawa for each period. The



Northern Food Basket price index, based on Yellowknife prices, was compared to the results of the 1991 GNWT food price survey. The weekly cost of the basket was also compared with the cost of Agriculture Canada's Thrifty Nutritious Food Basket for major southern centres during April of 1991, 1992 and 1993. Affordability of the basket was estimated by comparing the monthly cost of the Northern Food Basket with total social assistance income for the reference family and a single-parent family with three children and with minimum wage income for a family of four.

## **Publication of Results**

The results of the 1991 and 1992 price surveys were released in the report, "Air stage Monitoring Program: Phase I. Food Price Survey: Interim Report". The results (i.e. weekly cost of the Northern Food Basket, as well as the perishable and non-perishable components for each year) were distributed to mayors or chiefs in each community and to the head office of the major retailers and distributors.

## **Limitations of the Methodology**

Our methodology differs from other food price surveys by using the lowest price available in a community rather than an average price. Store brands and large sizes were not generally available in remote communities, but their inclusion in the basket might have lowered the cost in some communities. We chose the lowest available price in order to make the strongest possible argument in terms of affordability of the basket when compared to income levels. The smaller size of the basket compared to that used by Agriculture and Agri-Food Canada does increase its sensitivity to price fluctuations. Our surveys were also only conducted on an annual basis. While food prices in the North do not fluctuate as much as in southern centres, perishables would respond to seasonal price fluctuations and changes in wholesale costs.

While the Northern Food Basket is based on meeting nutritional considerations, it does have a number of other recognized limitations. It does not include country foods, which are an important part of the diet for most Native people and are considered very nutritious. However, even country food is not without cost. Access to fish and game requires the financial resources necessary to purchase equipment, fuel and ammunition. Because this basket is based on the nutrient requirements of moderately active Canadians, it may underestimate the energy and iron needs required for a more traditional lifestyle. It is much higher in complex carbohydrates and lower in protein than the traditional diet since most nutritionists believe that once basic needs for protein are met, carbohydrate foods would be much less expensive source of store-bought energy than protein foods. Whether it is reasonable to assume that northern Native people can biologically adapt to this diet is not known at this time.





## *Results*

Figures 1 to 3 illustrate the weekly cost of the Northern Food Basket in 1993 and the difference in cost between 1990/91 of the basket and the perishable component for selected centres. Changes to prices of non-perishables are illustrated in Figure 5.

### **Northwest Territories**

#### **Baffin Region**

Food price surveys were carried out in the following Baffin communities: Iqaluit, Pangnirtung, Broughton Island, Clyde River, Pond Inlet and Arctic Bay, as well as in Val-d'Or which serves as a staging point for the Baffin Region and northern Quebec. Most of these communities have two grocery stores.

Prior to October 1991, the Baffin Region, excluding Iqaluit, was the only region in the NWT to receive food mail. In 1990, the Northern Food Basket cost approximately two and a half times more in the Baffin Region than in Ottawa and two and a quarter times more than in Val-d'Or. By 1993, the margin had narrowed to two and a quarter times that of Ottawa but the gap between Yellowknife and other NWT air stage communities had widened (Table 6). Between 1991 and 1993, the weekly cost of feeding a family of four dropped from \$292 to \$267 in Pond Inlet and from \$287 to \$261 in Clyde River (Figures 1 and 2, Table 7). The total cost declined marginally in Arctic Bay and was essentially stable in Pangnirtung. Food costs continue to be highest in Arctic Bay due to additional surface transportation costs involved in delivering food from Nanisivik airport. In Broughton Island, prices increased significantly between 1992 and 1993 following the closure of the local cooperative (Table 7).

Lower food costs are mainly due to a decrease in the cost of perishables (Figures 3 and 4, Table 8). In 1990, perishables were three times more expensive in Baffin than in Ottawa or Val-d'Or and the perishable component cost \$139 per week in Pangnirtung and \$150 in Pond Inlet. By 1993, this had fallen significantly in most Baffin communities, including Iqaluit, representing a savings of \$25 to \$33 per week for a family of four – and within the expected range. Again, Broughton Island was an exception. For most communities, the largest decline was in 1992 following Phase I. This saving occurred despite price increases in the cost of perishables in Ottawa and Val-d'Or. Nonetheless, perishable food prices are still significantly higher in Baffin than in Quebec.

Lower postal rates for nutritious perishables were not reflected equally in the price of all perishable foods nor were the savings applied in the same manner in each community (Tables 10 to 12). Generally, the greatest price reductions were for fresh fruit and vegetables but the price of other staples such as bread and milk did go down in most communities except Broughton Island, where fluid milk prices actually increased. Clyde River and Iqaluit were the only communities to demonstrate substantial reductions in the cost of fresh/frozen meat, fish and poultry. The results for Iqaluit, however, cannot be attributed directly to the food mail program, since merchants in Iqaluit made little use of this service until the reduction in

the food mail rate to \$.80 per kilogram in July 1993.

In Pond Inlet, the weekly cost of perishables fell by \$1.10 per kilogram with the largest savings in eggs, other fruit, other vegetables, dairy products and meat, poultry and fish, while non-perishables increased by \$.32 per kilogram (Table 10).

Between 1990/91 and 1993 non-perishables became more expensive in all Baffin Region communities except Clyde River. The weekly increase ranged from \$8 in Pond Inlet to \$40 in Broughton Island (Figure 4, Table 9).

Since the lower postal rate was not applied uniformly to all perishable foods, and price reductions within food groups varied by community, changes to nutrient availability would also vary. Lower milk prices in Pond Inlet made calcium less expensive by 1993. The cost of iron also fell due to lower bread prices and reductions in the price of fresh milk and carrots would have made vitamin A less expensive. Folic acid costs were also reduced with lower prices for milk, bread, orange juice, oranges and potatoes. However, despite these improvements, the cost of citrus, other fruit, potatoes and other vegetables are still two to three times higher than in Ottawa (Table 12).

Of course, food prices alone are not the only factor affecting nutritional status. Nutrient intake also depends on the amount of disposable income available for food. Tables 13 to 17 provide information regarding total after-shelter income from 1990 to 1993 and the amount of after-shelter income required to feed a family of four. The affordability of the basket for a family of four on social assistance is illustrated in Figure 6. In 1993, families in the Baffin Region, with the exception of Broughton Island, were more able to afford a nutritious diet due to a combination of lower food prices and increases to basic assistance, child tax credits and GST credits. However, it would still require 100 to 137 percent of social assistance income to purchase a nutritious diet for a family of two adults and two children (Table 17). While single-parent families on social assistance would have to spend less of their after-shelter income on food, they too saw an improvement in the affordability of a nutritious diet (Table 18). Increases to minimum wage scales, the introduction of the GST credit and child tax benefits for low-income workers have also resulted in improved access to a nutritious diet for those earning minimum wage (Table 19).

## **Other Regions of the NWT**

Other NWT communities surveyed included Rankin Inlet, Repulse Bay and Coral Harbour in the Keewatin Region, Gjoa Haven in the Kitikmeot Region and Fort Franklin and Inuvik in the Inuvik Region, as well as Yellowknife, the staging point for Gjoa Haven and Fort Franklin. Surveys were also conducted in Churchill, Manitoba which services the Keewatin Region.

Prior to October 1991, the Keewatin, Kitikmeot and Inuvik Regions could not receive food on the food mail system and retailers negotiated rates with airlines. Since these negotiated rates are not public, it is difficult to anticipate the exact effect of changes to the subsidy in Phase I.



Furthermore some communities did not join the system until the rate came down to \$1.20 per kilogram in October 1992 and in some communities such as Repulse Bay and Coral Harbour, it took some time before both retailers were on the system.

Between 1990/91 and 1993 the cost of the basket declined in all air stage communities surveyed. While the price decrease was not as dramatic in the Keewatin as in the Baffin Region, the cost of the basket in 1993 was similar to that in the Baffin Region, indicating that the savings were passed on by retailers. In September 1991, Keewatin prices (Repulse Bay) were approximately two and a half times higher than Ottawa and 69 percent more than Churchill. Gjoa Haven prices were almost double those of Yellowknife (Table 6). By 1993, this margin had narrowed considerably in the Keewatin Region, but there was relatively little change in the Yellowknife-Gjoa Haven ratio. The difference in the cost of the basket between the Keewatin, Kitikmeot and Inuvik Regions is partly due to the differences in cost at the staging points and, in the case of Coral Harbour, to additional ground transportation costs within the community. In Repulse Bay, the cost of food for a family of four fell by \$21 per week between 1991 and 1993 (Figure 2, Table 7). The effect was less noticeable in Fort Franklin (\$5). In Gjoa Haven, the 1990 survey provides a better basis of comparison for the total basket since the 1991 survey was conducted just prior to the arrival of the sealift when many non-perishables had to be flown in. Between 1990 and 1993, the cost of the basket in Gjoa Haven declined by \$9.

As in the Baffin Region, the savings were chiefly due to lower prices for perishables (Figure 8, Table 8). In Repulse Bay and Gjoa Haven, the cost of perishables declined by \$24 and \$23 per week between 1991 and 1993 compared to a decrease of only \$5 per week in Fort Franklin (Figure 3). The change in the cost of perishables also varied by food group and community (Tables 11 and 12). In most communities, the largest savings were for fruits and vegetables although there were also price reductions for dairy products, eggs and bread. In Fort Franklin, the price of milk, potatoes and carrots declined, improving access to calcium, folacin and vitamin A, but there were increases in the price of meat and bread which would reduce access to iron. The price of some foods such as fresh and frozen meat, fish and poultry also increased in Repulse Bay.

As in the Baffin Region, there was an increase in the cost of non-perishables over this period in other NWT regions (Figure 4, Table 9). By 1993, the cost of non-perishables for a family of four in isolated communities in the NWT was within a fairly narrow range averaging about \$150. Fort Franklin at \$133 and Broughton Island at \$167 were at the extremes among communities in this survey.

In Repulse Bay, perishable food prices, on a cost per kilogram basis, decreased by \$.80 with reductions of \$.29 for dairy products and \$2.20 for other vegetables between 1991 and 1993 (Table 10). The cost of all food groups declined in Gjoa Haven. In Fort Franklin there were price reductions in other vegetables; other fruit, dairy products and potatoes and increases in the other food groups (Table 11 and 12).

Between 1991 and 1993, lower bread prices were primarily responsible for reducing the cost

of iron in Repulse Bay. Lower carrot prices also improved access to vitamin A. However, higher prices for some foods within the dairy, citrus, cereal and other vegetable group would make folacin more expensive.

As in the Baffin Region, the affordability of a nutritious diet for both the two-parent and single-parent family improved in all communities due to both increases in total social assistance income and lower food costs (Tables 17 and 18). However, the purchase of the Northern Food Basket would still require 95 to 105 percent of after-shelter income for a two-parent family of four (Figure 9). Workers earning minimum wage would also have benefited from lower food costs as well as adjustments to total minimum wage income (Table 19).

## Northern Quebec

Price surveys were conducted in Kuujuaq, Kangiqsujaq, Povungnituk and Salluit. All of these communities have at least two food stores.

Between 1991 and 1993, the weekly cost of the Northern Food Basket increased by \$12 to \$19 per week in northern Quebec, compared to an increase of only \$4 in Ottawa and \$8 in Val-d'Or (Figures 2 and 10, Table 7). No survey was taken in Salluit in 1991. However, between 1990 and 1993, the cost of feeding a family of four in Salluit rose from \$211 to \$238. Changes to postal rates were only expected to cause an increase of \$.16 per kilogram or \$5 per week, if only perishables were affected. In 1993, food prices in northern Quebec were about 80 percent higher than in Ottawa, up from 77 percent in 1990 (Table 6).

Increases of between \$6 and \$15 per week for non-perishables between 1991 and 1993 accounted for the major difference (Figure 4, Table 9). Perishables increased by only \$2 to \$9 per week with the highest increase in Kangiqsujaq (Figures 3 and 10, Table 8). Salluit had the highest costs for both perishable and non-perishable items in 1990 and 1993.

These price changes resulted in higher costs for dairy products, cereal and bakery products, fruit, vegetables, potatoes and meat alternates while meat, poultry and fish prices declined in all communities except Kangiqsujaq (Tables 11 and 12).

Price increases or decreases varied by food group and community. In Povungnituk, for example, the perishable component increased by an average of \$.08 per kilogram compared to an increase of \$.32 for non-perishables. But the increase in cost for perishables was mainly due to higher prices for cereal and bakery products, other fruit and potatoes (Table 10).

Such price increases would raise the cost of iron and folacin. Higher prices for dairy products would also make it more expensive for a family to satisfy its calcium needs (Tables 14 to 15).

In 1990, the two-parent family on social assistance would have spent 80 to 89 percent of its after-shelter income on food. By 1993, this percentage would have increased to 86 to 93



percent (Figure 10, Table 17). Higher food costs would not have as much effect on the single-parent family of four (Table 18). Families earning minimum wage were somewhat better off in 1993 due to small improvements in the minimum wage scale and higher child tax benefits for low-income families with a working parent (Table 19).

## Labrador

Northern Labrador became eligible for food mail service in 1991 and began receiving food mail out of Goose Bay after the closure of the marine service in late fall 1991. Among the communities included in this report, only Nain and Davis Inlet elected to use the service. The government of Newfoundland operates the food store in both Nain and Davis Inlet while in Rigolet, food is sold by a private retailer. Davis Inlet also has a convenience store which sells a number of basic food items.

While a food price survey was conducted in 1991, it was carried out while marine service was still available and therefore, represents summer prices. For the purpose of this study, we have generally used 1990 prices for comparison since they were collected in spring prior to breakup, except in Rigolet.

In 1990, the cost of the Northern Food Basket was 35 to 46 percent higher in northern Labrador than in Ottawa, and 16 to 27 percent more than in St. John's. By 1993, this gap had widened (Tables 6 and 7). Over this period, the cost of feeding a family of four increased by \$31 to \$37 per week compared to an increase of only \$1 in St. John's. Nain had the largest increase in prices, most of which took place between 1992 and 1993 when there was only a minor increase in the postal rates (Figure 2, Table 7).

Both perishable and non-perishable foods increased in cost and all food groups except sugar and sweets were affected (Tables 10 to 12). In Nain, perishable food prices rose by \$.78 per kilogram compared to \$.45 for non-perishables, with large increases in the cost of dairy products, eggs, meat, poultry and fish, meat alternates, other fruit and other vegetables (Table 10). The increase in perishable food prices ranged from \$.10 per kilogram for potatoes to \$3.03 for meat alternates and were generally much higher than could be justified by changes to the postal rate.

Significant increases in the cost of these foods in Nain can be expected to result in major increases in the cost of iron, folacin and calcium and moderate increases in the cost of vitamin A, making it more difficult for a family to meet its nutritional requirements.

Those on social assistance and minimum wage have not fared well over this period. The percentage of after-shelter income now required to purchase a nutritious diet for a two-parent family of four has increased to 107 percent in Nain and 111 percent in Rigolet, which is not receiving food mail (Figure 13, Table 17). The affordability of the basket for a single-parent family of four has also deteriorated but not to the same extent (Table 18). Minimum wage earners are better off than in 1990 due to higher child tax benefits for low-income workers (Table 19).



## Ontario

Price surveys were conducted in Fort Severn, Sachigo Lake, Peawanuck and Attawapiskat and their staging points, Timmins, Kapuskasing and Pickle Lake, as well as in Ottawa and Thunder Bay. Unfortunately, it was not possible to do a survey in Red Lake, which is the staging point for Sachigo Lake, or to conduct a survey in Attawapiskat in 1993. Peawanuck has only one store and, until 1992, this was also the case in Fort Severn.

In 1991, the weekly cost of the Northern Food Basket was \$224 in Peawanuck and \$264 in Fort Severn. By 1993, weekly food costs had fallen to \$205 in Peawanuck and \$259 in Fort Severn, and increased from \$221 to \$236 in Sachigo Lake (Figure 1, Table 7). Over this period, food costs in northern Ontario were approximately double those of Ottawa and about 50 percent more than in Pickle Lake, the most expensive staging point (Table 6).

Despite identical postal rates, there is a wide variation in the cost of perishables among the air stage communities in northern Ontario (Table 8). Contrary to expectations, the cost of perishables actually declined in Peawanuck and Sachigo Lake and increased by less than half the anticipated amount in Fort Severn (Figure 14, Table 8). Part of this decrease was probably due to lower wholesale costs since prices also fell in some southern Ontario centres and staging points.

Non-perishable food costs declined in both Peawanuck and Fort Severn, despite higher prices in Timmins and Kapuskasing, but increased in Sachigo Lake by \$18 per week (Figure 5, Table 9). It is interesting to note that non-perishable food prices in Fort Severn took a major drop in 1992, following the opening of a second store.

As in other regions, price changes were not applied evenly to all food groups. The cost of dairy products increased by \$4 to \$5 per week in all three communities. In Peawanuck, lower prices for perishables included reductions in the cost of fresh/frozen meat and poultry and other vegetables. In Sachigo Lake, there were small reductions in the price of other fruit and potatoes and major increases in the cost of other vegetables and cereal and bakery products. The cost of citrus, other fruit and other vegetables decreased in Fort Severn, but the cost of almost all other food groups increased (Tables 11 and 12).

In Fort Severn, prices of perishables increased by \$.11 per kilogram compared to a decrease of \$.26 for non-perishables. Prices increased for all food groups except citrus, other fruit, other vegetables and fats and oils (Tables 10 and 11). Fort Severn continues to have much higher perishable food prices than northern Quebec despite identical postal rates.

The potential impact of these changes on nutritional status obviously varies by community and according to the food groups affected. For Fort Severn, such price increases would make it more difficult to satisfy the family's needs for calcium, iron, vitamin A and folacin. Higher prices for carrots, which are in the other vegetable group, would increase the cost of vitamin A.

Due to improvements in basic social assistance rates, minimum wage scales, higher GST credits, and the introduction of the child tax benefit for low-income families and in Peawanuck, lower food costs, a nutritious diet was more affordable in 1993 for both two-parent and single-parent families and those earning minimum wage. The percentage of after-shelter income required to feed the reference family of four on social assistance in 1993 ranged from 71 percent in Sachigo Lake to 78 percent in Fort Severn (Figure 15, Table 17).

## **Saskatchewan**

Price surveys were conducted in Regina, La Ronge, which is the staging point for food mail in northern Saskatchewan, Prince Albert, a wholesale centre for that region, and Black Lake. Unfortunately, it was not possible to organize a survey in all locations in each year. Food intended for Black Lake is transported by truck at the merchant's expense out of Prince Albert to La Ronge and flown from there to Stony Rapids, from where it is sent by truck to Black Lake. After breakup, non-perishables may be transported by barge from Fort McMurray to Stony Rapids. Black Lake has only one grocery outlet.

In 1991, the Northern Food Basket cost approximately twice as much in Black Lake as in Ottawa or Regina, and about 50 percent more than in La Ronge. By 1993, this margin had narrowed (Table 6). Black Lake began receiving food mail in late 1991 after the completion of the 1991 price survey. Between 1991 and 1993, the cost of feeding a family of four in Black Lake increased by \$4 per week (Figures 2 and 16, Table 7).

Despite higher postal rates, the cost of perishables fell by \$6 per week (Figures 3 and 16, Table 8). Lower prices for perishables led to reductions in the cost of citrus fruit, other fruit and eggs. On the other hand, the weekly cost of dairy products, non-perishable cereal and bakery products and potatoes increased (Tables 11 and 12). These changes would likely increase the cost of calcium and iron and lower the cost of vitamin A and folacin.

Despite higher food prices, the affordability of a nutritious diet improved between 1991 and 1993 due to improvements in total social assistance income and minimum wage (Figure 17, Tables 17 to 19). In 1993, a family of four on social assistance would have to spend 90 percent of its after-shelter income to purchase the Northern Food Basket in Black Lake.

## **Yukon**

Price surveys were completed in Old Crow from 1991 to 1993 and in Whitehorse, the staging point, in 1993. Old Crow was eligible for food mail in 1991 at the same rate as the NWT. However, it has not elected to use the system. Old Crow has only one grocery outlet.

In 1991, the weekly cost of the Northern Food Basket in Old Crow was \$349 – almost three times higher than in Ottawa (Table 7). By 1993, the cost of feeding a family of four had declined to \$325, but Old Crow continued to have the highest food prices of all communities in this study (Figure 1).



Perishables are about two and a half times more expensive in Old Crow than in Ottawa and almost double Whitehorse prices (Figure 16, Table 8). Citrus fruit, potato and other vegetable prices are more than three times higher than in Ottawa, and more expensive than in any other community (Table 12) and non-perishables have been consistently more costly in Old Crow than in the Baffin Region of the NWT (Table 9). Old Crow has neither marine service nor a winter road.

Since social assistance rates are higher in the Yukon than in other parts of Canada, families on social assistance would be in a better position in Old Crow than in the NWT or northern Quebec. Increases to total social assistance income have reduced the percentage of income required to purchase a nutritious diet from 95 percent in 1991 to 82 per cent in 1993 (Table 17). On the other hand, families earning minimum wage would be in a less favourable position for they would be required to spend 105 percent of their income to purchase a nutritious diet (Table 19).

## **The Cost of the Northern Food Basket vs Other Price Studies**

### **Agriculture Canada's Thrifty Nutritious Food Basket**

Bimonthly surveys of food prices in major cities by Statistics Canada are used to construct Agriculture Canada's Thrifty Nutritious Food Basket (TNFB). The weekly cost of this basket is compared with the Northern Food Basket (NFB) for April 1990, September 1991 and April of 1992 and 1993.

An exact comparison between the two baskets is not possible since the baskets contain different items and the TNFB is based on an average of prices from all major retail outlets while the NFB is based on prices collected in only one major retail store in each of the southern centres. However, some general observations may be made.

Generally speaking, the Northern Food Basket appears to be more expensive than its thrifty counterpart in southern centres. This may be partly due to our method of price collection but it is also influenced by the choice of food items. The specifications for each food item in the Northern Food Basket are based on availability in northern centres so that many of these products do not represent the most economical or most popular brands or sizes available in the south. However, the direction and magnitude of the change in most centres is reasonably consistent over the 1990–1993 period using the two baskets. Unlike the TNFB, our basket continues to be more expensive in Winnipeg than in Ottawa and there is a greater price spread between Yellowknife and Whitehorse.



## Weekly Food Basket Costs: Northern Food Basket vs Thrifty Nutritious Food Basket

City	April 1990		Sept 1991		April 1992		April 1993	
	NFB	TNFB	NFB	TNFB	NFB	TNFB	NFB	TNFB
	\$	\$	\$	\$	\$	\$	\$	\$
Ottawa	113	104	121	110	119	108	125	115
Yellowknife	155	143	168	152	170	148	148	140
St. John's	134	115	–	118	133	123	136	118
Thunder Bay	–	117	140	125	141	128	129	127
Winnipeg	–	103	127	106	133	109	138	113
Regina	–	106	123	110	136	112	–	116
Whitehorse	–	150	–	151	–	142	179	151

## GNWT 1991 Food Price Index

In 1991, the Government of the Northwest Territories (GNWT) conducted a food price survey in the NWT and calculated a food price index based on Yellowknife prices. The GNWT survey was conducted in November 1991, after the implementation of Phase I. Although the communities in the Baffin region previously on the system would have already felt the effect of the postage rate reduction on October 1, 1991, communities in the Kitikmeot and Keewatin Regions had not yet come on to the system.

When the GNWT Food Price Index and a weekly Northern Food Basket Index based on Yellowknife are compared, some differences become evident. In 1991, we found prices in Gjoa Haven much higher than the GNWT survey. The difference may be due to the timing of the surveys. We collected prices in Gjoa Haven in September just prior to the arrival of the sealift, and before Gjoa Haven was on the food mail system. In both stores, inventory was very low and a number of products had probably been brought in at air cargo rates. Although Gjoa Haven was not yet on the food mail system at the time of the GNWT survey, fewer non-perishables would have been flown in at that time.

Between 1991 and 1992, the cost of the Northern Food Basket in Yellowknife increased slightly, while the cost in most other NWT communities in the survey declined, causing the NFB Index based on Yellowknife at 100 to decline. In 1991, the weekly cost of the NFB in Yellowknife was \$168 (Index = 100). By 1993, the Yellowknife basket had dropped to \$148, there was less difference among the Baffin, Keewatin and Kitikmeot Regions of the NWT,

but the index for Broughton Island and Coral Harbour was higher than for Arctic Bay or Repulse Bay which had the highest prices in the GNWT survey. Because of the decline in Yellowknife prices in 1993, however, the difference between prices in most isolated communities in the survey and Yellowknife prices has increased again. By 1993, prices in isolated communities were running between 66 percent and 117 percent higher than in Yellowknife.

### **Northern Food Basket (NFB) Index and GNWT Index, 1991-1993**

Community	1991	1991	1992	1993
	NFB Index	GNWT Index	NFB Index	NFB Index
Yellowknife	100	100	100	100
Iqaluit	156	162	152	166
Arctic Bay		178	171	193
Broughton Island		173	165	217
Clyde River	171	169	155	176
Pangnirtung		168	159	181
Pond Inlet	174	166	155	180
Repulse Bay	174	178	165	184
Gjoa Haven	189	174	163	186
Fort Franklin	152	151	144	170
Coral Harbour		152		197

### **Price Change: Foods of Little Nutritional Value**

Tracing prices for "junk foods" is complicated by a rapid change in the variety, brands and package sizes of these products. Furthermore, some of these products are being shipped by air and some by sealift, although sealift supplies may not last the full year.

A preliminary analysis suggests that there were increases in the cost of chocolate bars, soft drinks and fruit drinks. On the other hand, where similar brands of cookies were available, there did not appear to be any price change over this period, even though cookies are no longer eligible for food mail service.

The effect of price change on the consumption of these foods and nutritional status depends on food preferences and income levels. Nutrition surveys conducted following implementation of Phase I found a high consumption of these foods in most communities.

## *Discussion of Results*

Although food prices affect availability and ultimately nutritional status, other factors such as food preferences and knowledge, also play an important role in determining food purchasing practices. While lower food mail rates for nutritious perishables have helped to reduce the cost of these foods, non-perishables are becoming increasingly expensive due, in part, to higher transportation costs.

The affordability of a nutritious diet in the NWT for 1993 was calculated on the basis of social assistance rates as of September. In October, there was a major revision to social assistance scales and to the position of communities on this scale. Rates were adjusted upwards or downwards on the basis of the GNWT food price survey of November 1991. In the NWT, food costs are determined relative to Yellowknife and are based on the CPI rather than a *nutritious* food basket. Our surveys would indicate that the gap between Yellowknife and isolated communities has widened since 1991, that food costs have risen dramatically in Broughton Island and, in some regions such as Keewatin, food costs are higher in some communities than the NWT scales would suggest.

There have been allegations in a few communities that prices are increased as soon as the surveyor leaves. However, it is difficult to repeat the surveys more frequently and to determine if there is any substance to this claim in view of the costs associated with sending experienced investigators into these communities.

Nonetheless, despite all of the problems inherent in a survey of this nature, we feel very confident of the results and conclude that changes to the subsidy had the intended effect in the Northwest Territories. Furthermore, increases to postal rates in the provinces were not wholly responsible for the large price increases in Labrador or in some of the Quebec and Ontario communities. Such inordinate price increases may be more closely related to a lack of competition or, in the case of Quebec, a lack of adequate financing for cooperatives to enable greater use of the sealift for non-perishables. The role of effective competition is clearly demonstrated in the results for Broughton Island and Fort Severn and the lack of competition may be a factor in Black Lake, Old Crow and Nain. This study also points out that additional ground transportation costs in some communities (e.g. Arctic Bay, Coral Harbour and Black Lake) place these communities at a disadvantage. In any consideration of the future of this subsidy it is important to recognize that the rapid population growth in these communities may place a greater demand on the food mail service and unless the postal rates can be maintained at the current level, the cost of perishables will increase, further jeopardising nutritional status. Finally, a price monitoring program and the wider publication of results may help to ensure that the savings are passed on to the consumer.





## *Conclusions*

1. Changes to the food mail program significantly reduced the cost of nutritious perishable foods and the total cost of feeding a family of four in the NWT where retail competition existed.
2. Increases in postal rates to the provinces resulted in a higher cost of perishables in Quebec but not in Ontario and Saskatchewan. However, the extension of food mail service to Labrador did not reduce retail prices there, and between 1991 and 1993 the increase in the cost of perishables in Labrador was much higher than expected and could not be solely attributed to changes to the food mail rates.
3. Higher costs for non-perishables were chiefly responsible for higher food costs in northern Quebec and Saskatchewan. In Saskatchewan, food prices might be lower if there was competition. In Quebec, current sealift prices may be higher than previous food mail rates.
4. For those on limited income, a nutritious diet became more affordable in all regions except northern Quebec and Labrador where improvements to social assistance and minimum wage were offset by higher food costs. However, in the NWT, a nutritious diet for a two-parent family of four still requires more than 100 percent of after-shelter income.
5. While access to key nutrients such as calcium, iron, folacin and vitamin A would appear to have improved in most NWT communities, availability depends on the pricing policy of local retailers and in some cases, such as Repulse Bay, access to folacin, for example, would appear to have deteriorated. In northern Quebec, all of these nutrients, especially calcium, have become more expensive. In Labrador, the cost of all four nutrients and, in particular, the cost of folacin would appear to have increased. In Ontario, the cost of these nutrients varies by community.

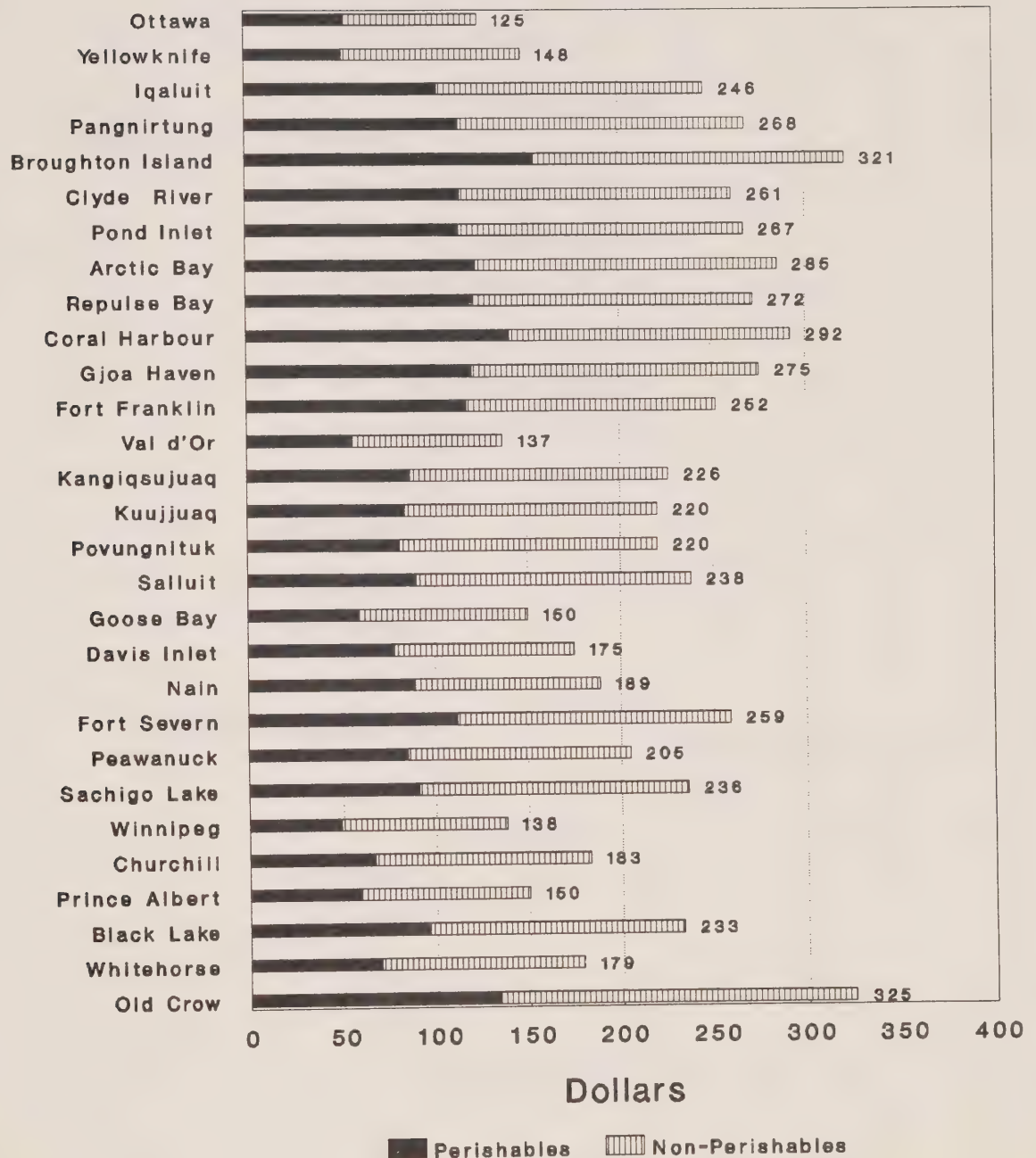




## ***APPENDIX***

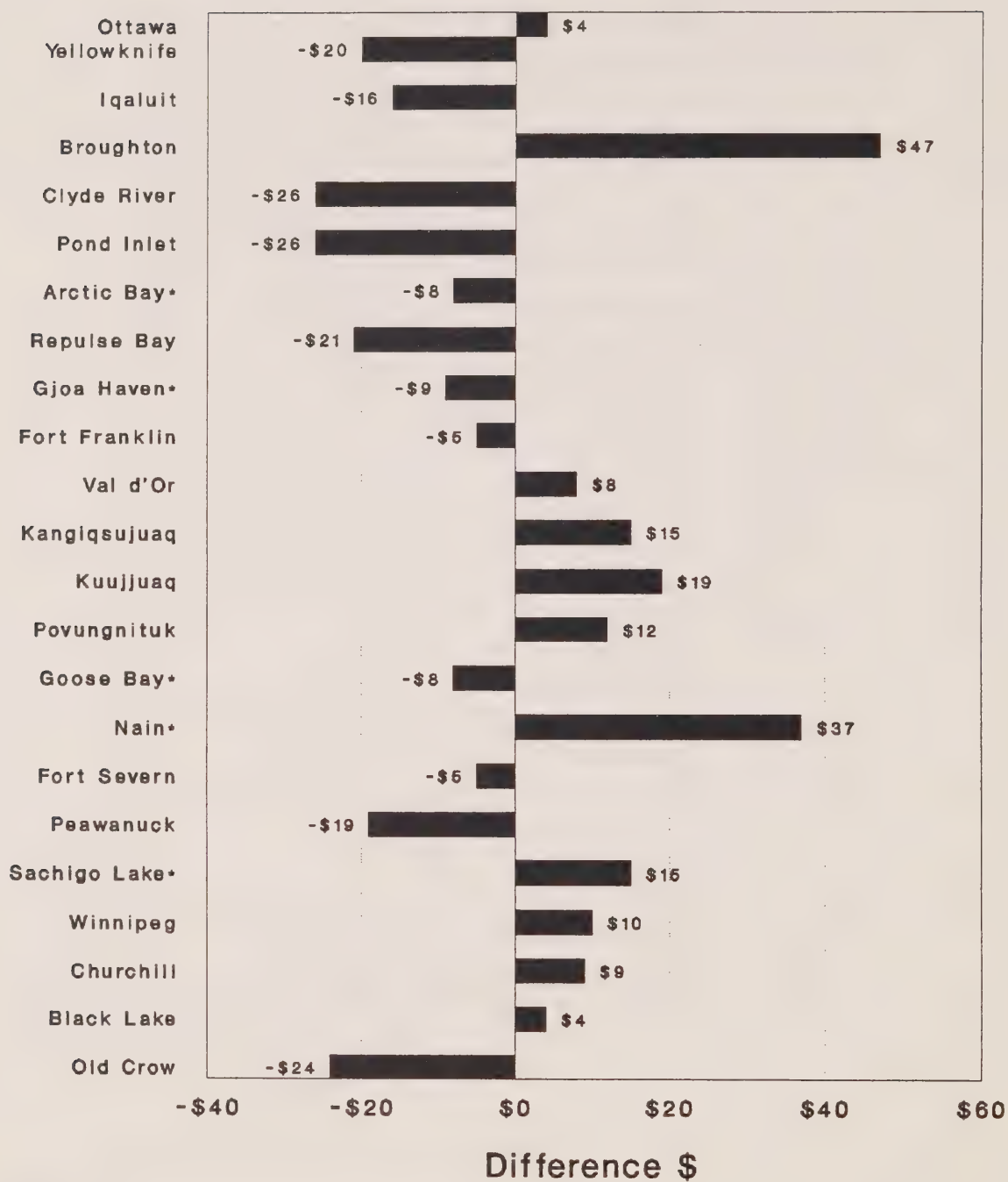


**FIG 1 NORTHERN FOOD BASKET  
WEEKLY COST, 1993**



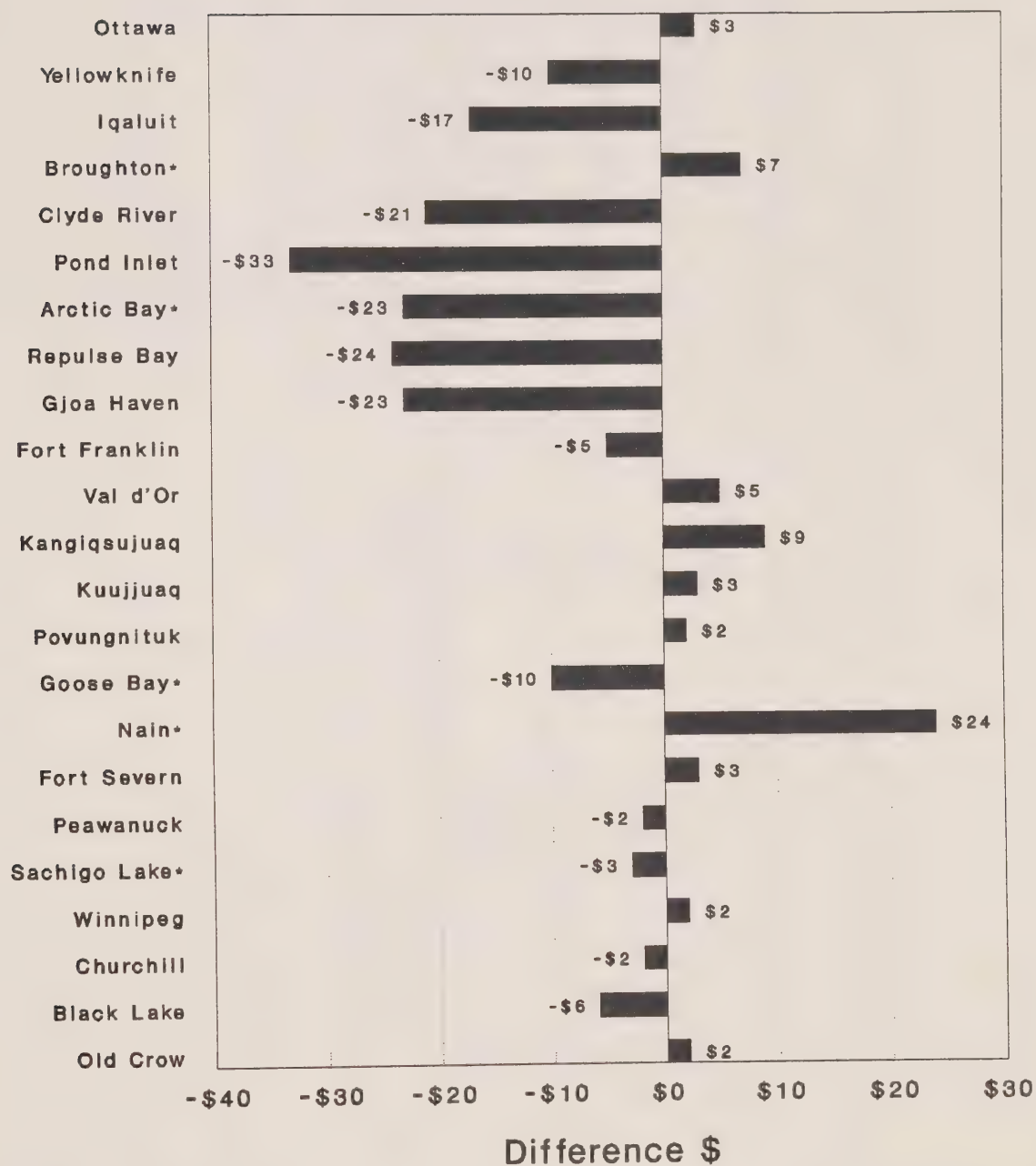


**FIG 2 NORTHERN FOOD BASKET  
CHANGE IN WEEKLY COST,1991-93**



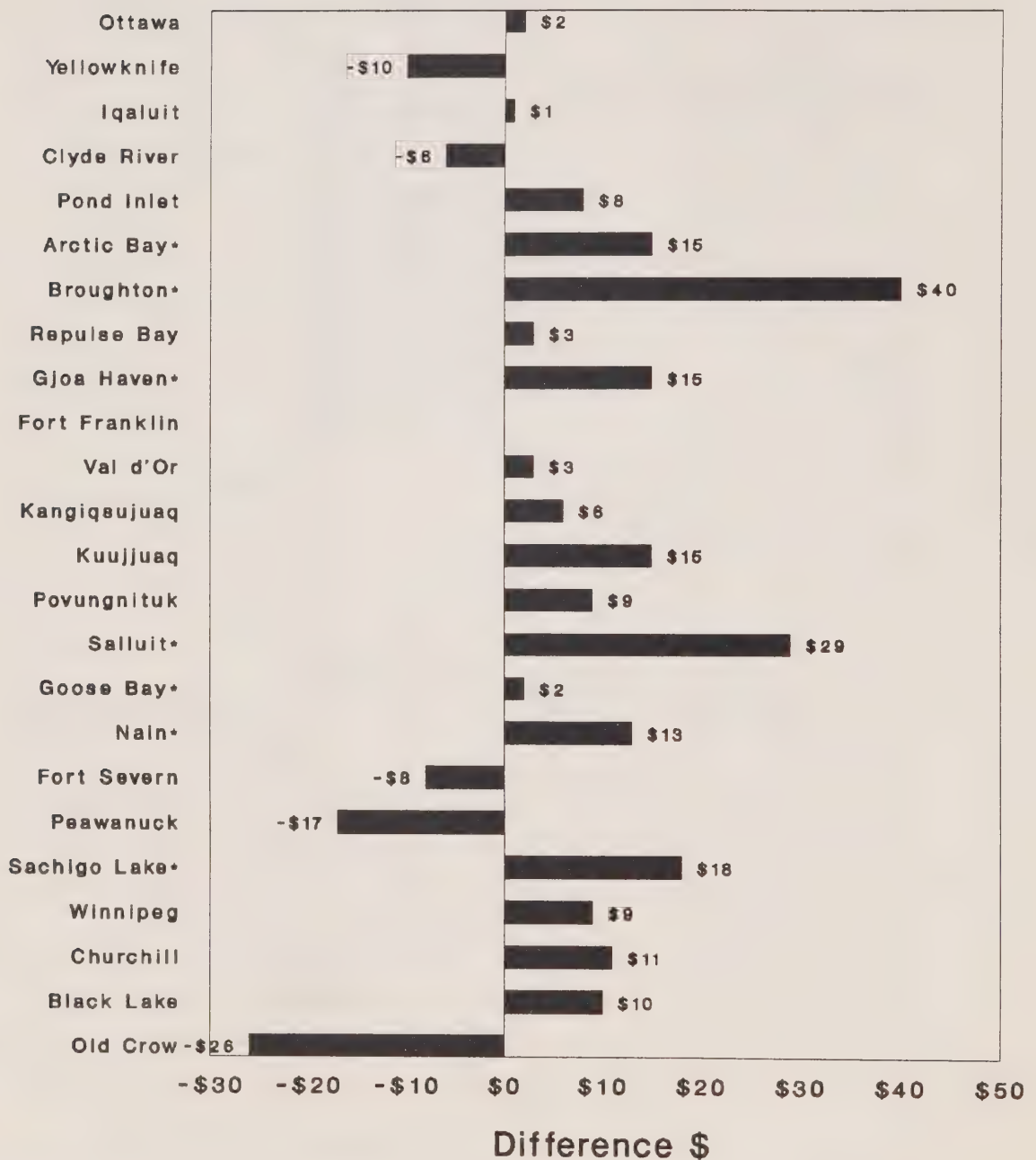
\* 1990-93

**FIG 3 NORTHERN FOOD BASKET  
CHANGE IN WEEKLY COST OF PERISHABLES  
1991-93**



\* 1990 - 1993

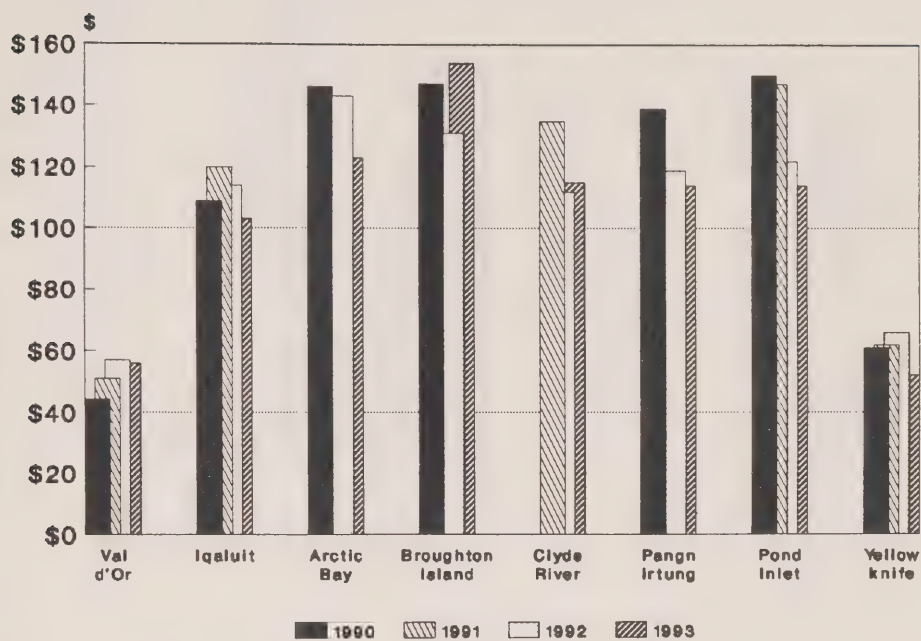
**Fig 4 Northern Food Basket  
CHANGE IN WEEKLY COST OF NON-PERISHABLES  
1991-93**



\* 1990-1993



**FIG 5 COST OF PERISHABLES, 1990 -93**  
NORTHERN FOOD BASKET, BAFFIN



**FIG 6 FEEDING A FAMILY OF FOUR**  
ON SOCIAL ASSISTANCE, BAFFIN  
% AFTER-SHELTER INCOME REQUIRED FOR FOOD

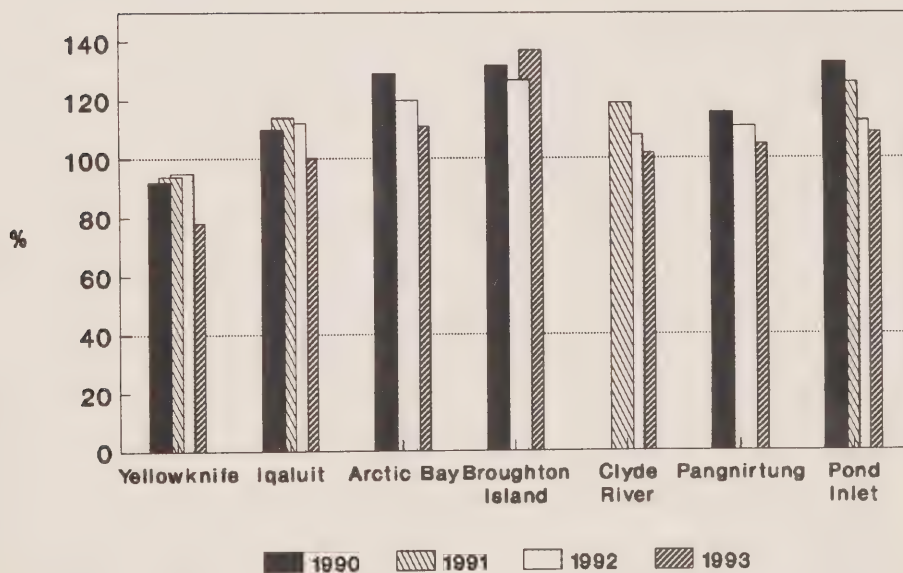
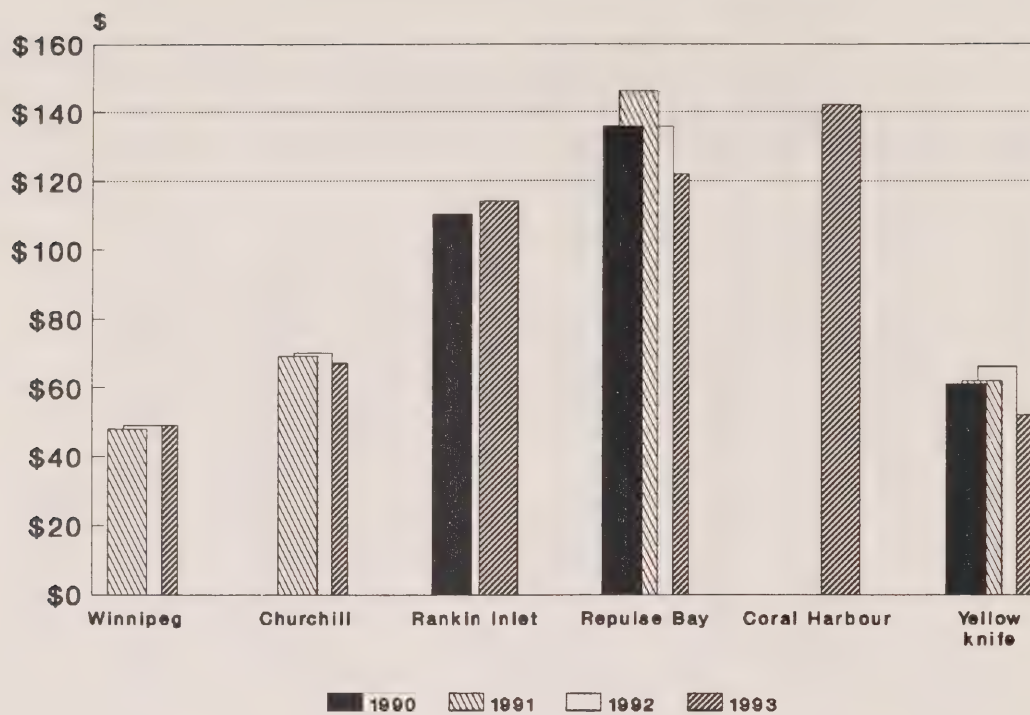
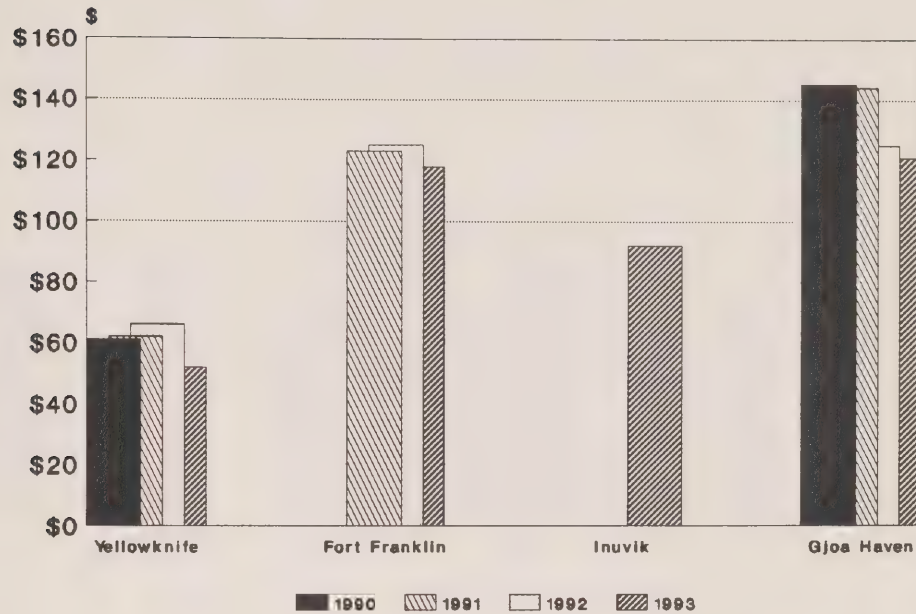


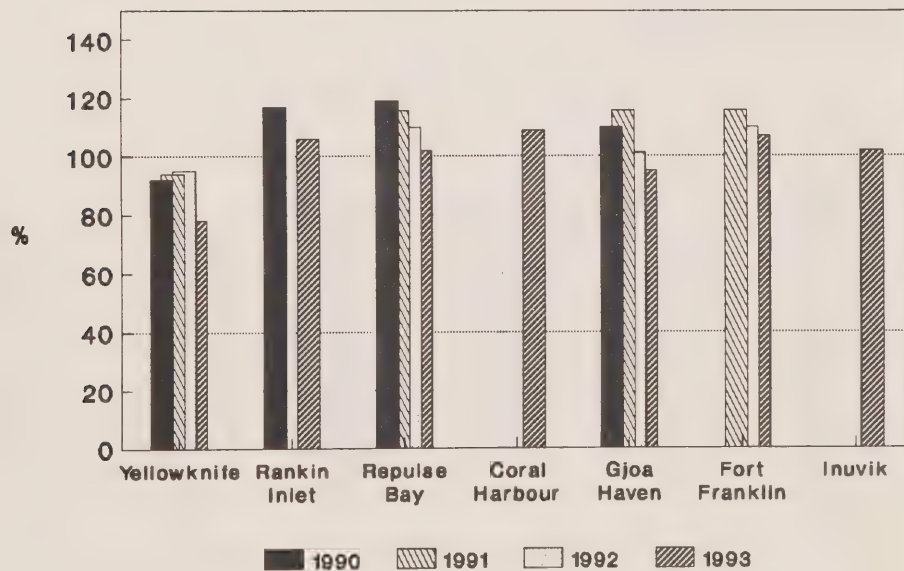
FIG 7 COST OF PERISHABLES, 1990 -93  
NORTHERN FOOD BASKET, KEEWATIN



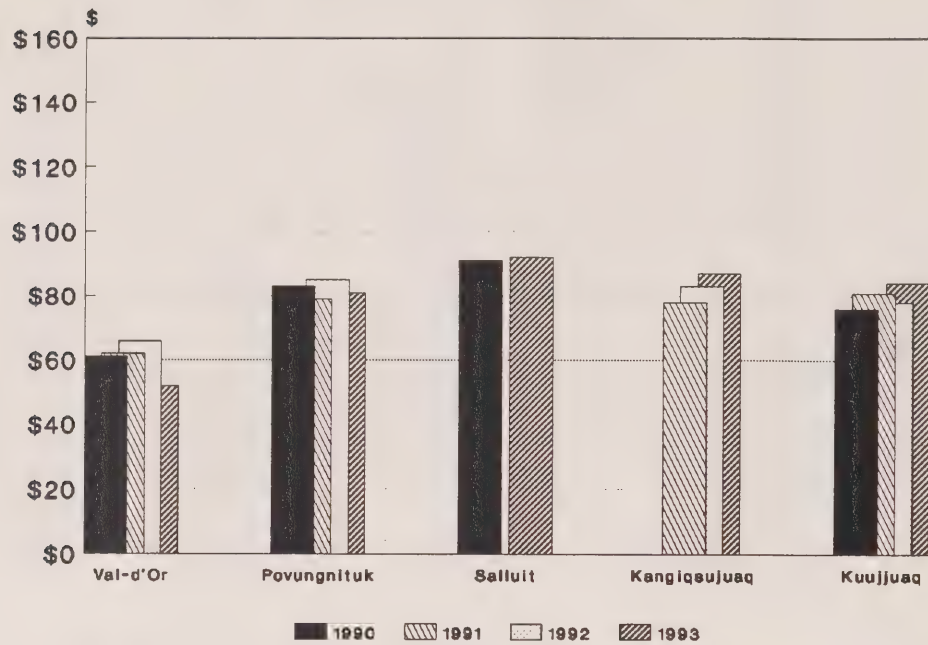
**FIG 8 COST OF PERISHABLES, 1990 -93**  
**NORTHERN FOOD BASKET**  
**KITIKMEOT AND WESTERN ARCTIC**



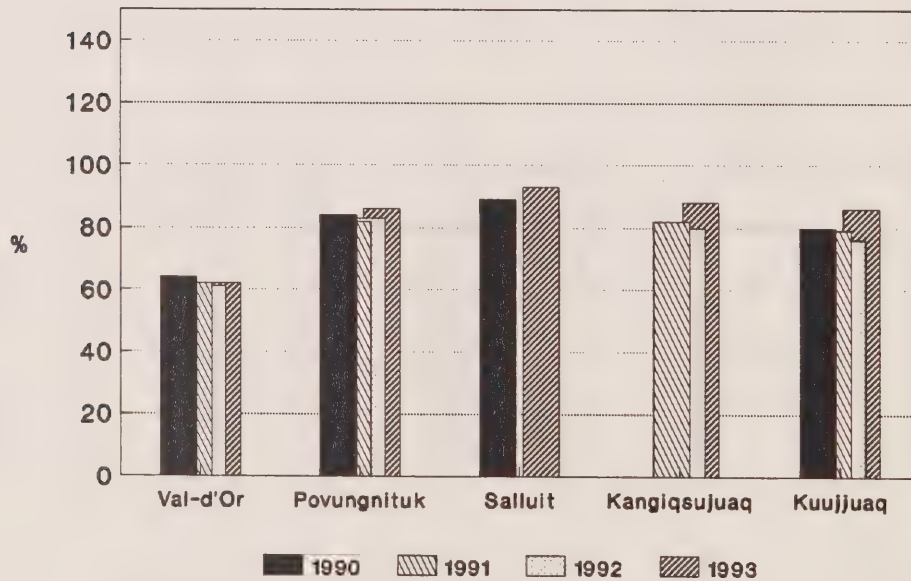
**FIG 9 FEEDING A FAMILY OF FOUR**  
**ON SOCIAL ASSISTANCE, NWT, OTHER REGIONS**  
**% AFTER-SHELTER INCOME REQUIRED FOR FOOD**



**FIG 10 COST OF PERISHABLES, 1990 -93**  
NORTHERN FOOD BASKET: QUEBEC

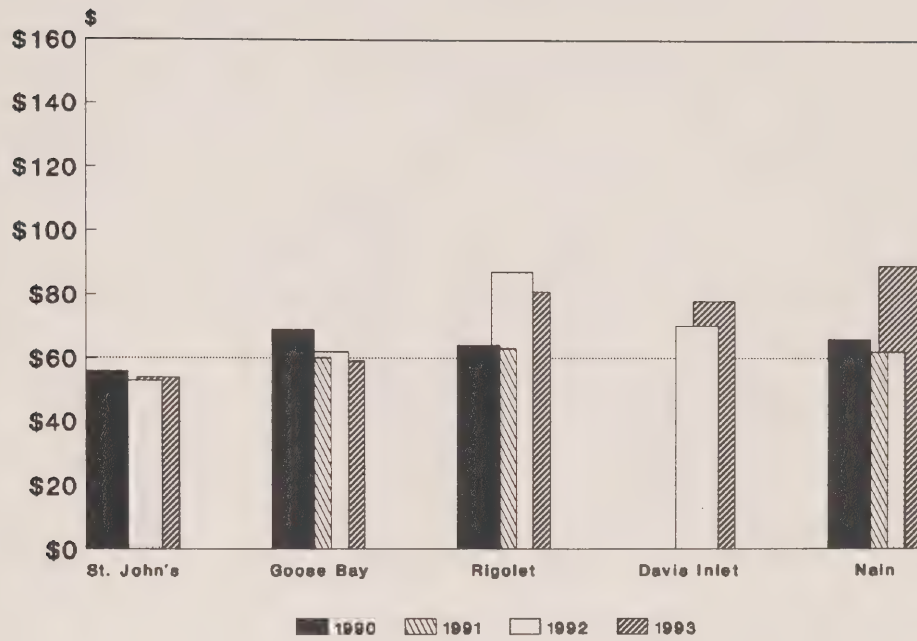


**FIG 11 FEEDING A FAMILY OF FOUR**  
ON SOCIAL ASSISTANCE, QUEBEC  
% AFTER-SHELTER INCOME REQUIRED FOR FOOD

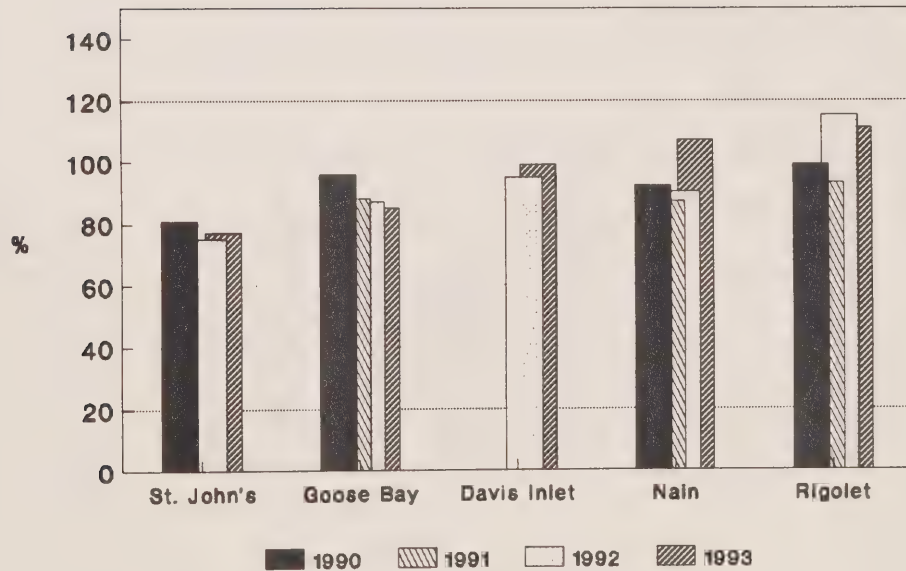




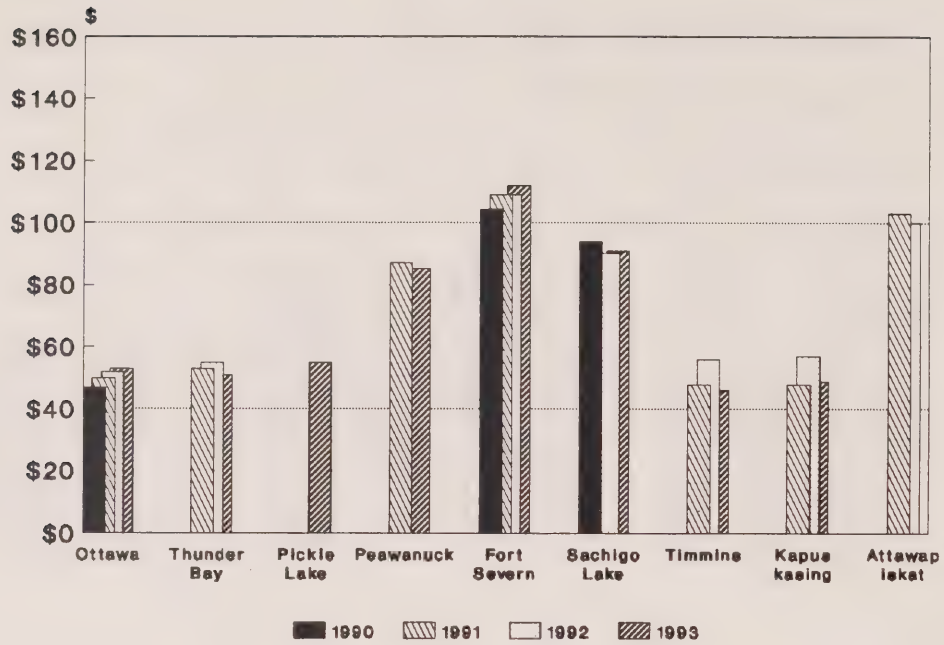
**FIG 12 COST OF PERISHABLES, 1990 -93  
NORTHERN FOOD BASKET: LABRADOR**



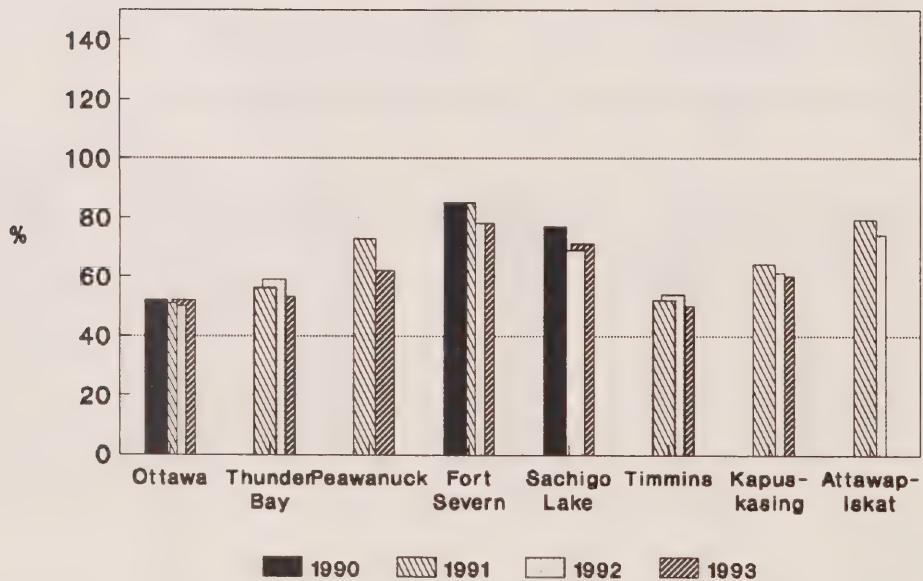
**FIG 13 FEEDING A FAMILY OF FOUR  
ON SOCIAL ASSISTANCE, LABRADOR  
% AFTER-SHELTER REQUIRED FOR FOOD**



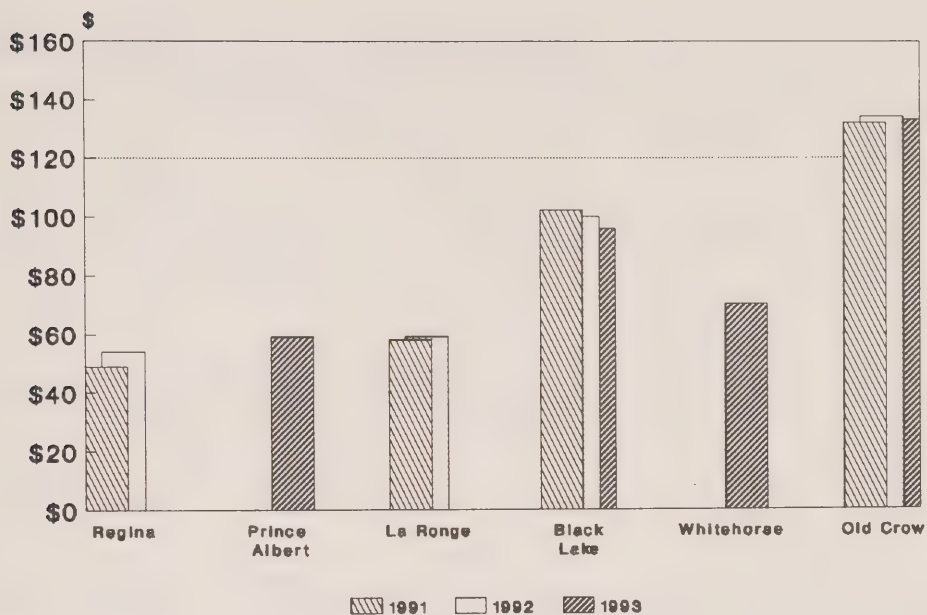
**FIG 14 COST OF PERISHABLES, 1990 -93**  
NORTHERN FOOD BASKET: ONTARIO



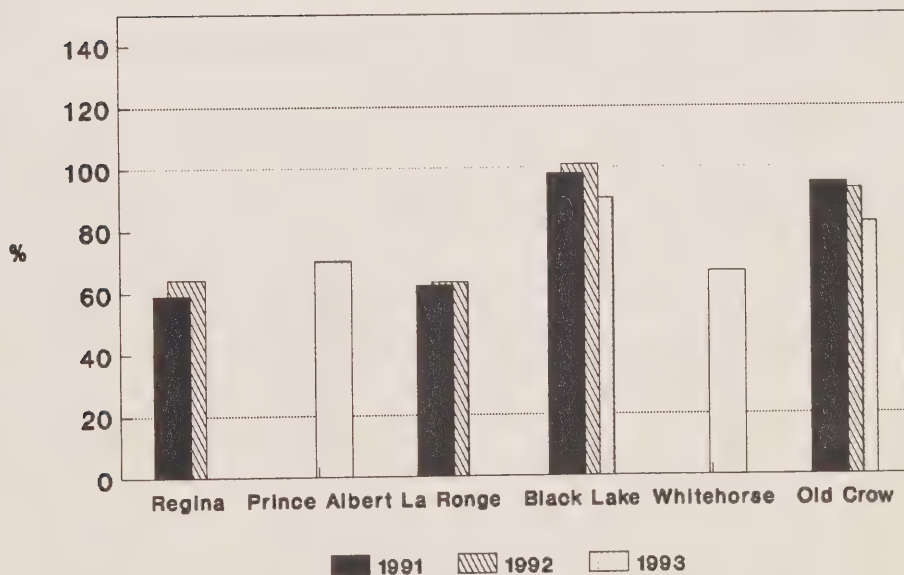
**FIG 15 FEEDING A FAMILY OF FOUR**  
ON SOCIAL ASSISTANCE, ONTARIO  
% AFTER-SHELTER INCOME REQUIRED FOR FOOD



**FIG 16 COST OF PERISHABLES, 1990 -93**  
**NORTHERN FOOD BASKET: SASKATCHEWAN**  
**& YUKON**



**FIG 17 FEEDING A FAMILY OF FOUR**  
**ON SOCIAL ASSISTANCE, SASKATCHEWAN, YUKON**  
**% AFTER-SHELTER INCOME REQUIRED FOR FOOD**



**TABLE 1 AIR STAGE PARCEL (FOOD MAIL) RATES BY REGION, 1990-93**

Region	Nutritious Perishables Cost per Kilogram			Non-Perishables Cost per Kilogram			Non-Food Cost per Kilogram		
	1990	Oct 1991	Oct 1992	1990	Oct 1991	Oct 1992	1990	Oct 1991	Oct 1992
Baffin	\$2.10	\$1.50	\$1.20	\$2.10	\$2.15	\$2.15	\$2.15	\$2.15	\$2.15
Other NWT Regions	n.a.	\$1.50	\$1.20	n.a.	\$2.15	\$2.15	\$2.15	\$2.15	\$2.15
Northern Quebec	\$0.64	\$0.75	\$0.80	\$0.64	\$0.75	\$0.90	\$0.67	\$0.75	\$0.90
Northern Ontario	\$0.52	\$0.75	\$0.80	\$0.52	\$0.75	\$0.90	\$0.52	\$0.75	\$0.90
Northern Saskatchewan	\$0.52	\$0.75	\$0.80	\$0.52	\$0.75	\$0.90	\$0.52	\$0.75	\$0.90
Labrador	n.a.	\$0.75	\$0.80	n.a.	\$0.75	\$0.90	n.a.	\$0.75	\$0.90

Foods listed as "foods of little nutritional value" in the Communiqué of June 23, 1992 from the Department of Indian Affairs and Northern Development were not accepted on the air stage system after October 1, 1991. Rates apply from accepted air stage centres and exclude ground transportation costs from the airport to the retail outlet. A rate of \$.75 per parcel also applies.



## TABLE 2 AIR STAGE PROGRAM (FOOD MAIL) FOOD CATEGORIES \*

### Nutritious Perishable

fresh and frozen dairy products (e.g. fresh and UHT milk, cheese, butter, cream, ice cream, ice milk, sherbet, yogurt) and powdered milk  
margarine, salad dressing, mayonnaise, peanut butter  
fresh, cured, smoked and frozen meat, fish and poultry products, eggs and egg substitutes  
fresh and frozen fruit and vegetables, fresh juice (pure or reconstituted) and frozen fruit juice concentrate  
bread and bread products e.g bagels, English muffins, croissants and bread rolls, without sweetened filling or coating  
other nutritious perishable food products: tofu, unsalted, unsweetened seeds and nuts  
cook-type cereals, whole wheat and rye flour  
liquid and powdered infant formula, infant cereals, all other foods prepared specifically for infants  
non-carbonated water and medicine  
combinations of the above products (excluding sandwiches and other prepared foods for immediate consumption  
which are subject to the Goods and Services Tax (GST)

### Non-Perishable Food

Food products which are not listed as "Foods of Little Nutritional Value" are eligible for shipment at the rate applicable to non-perishable food. The following products are among those which are eligible. This list is not intended to be comprehensive, but is provided as a convenient reference and to confirm eligibility of certain items.

canned milk, juice, fruit, vegetables, soup, meat, fish and poultry  
dry beans, peas and lentils, popping corn (unpopped), rice, other grains  
dried fruit and vegetables, dried soup mixes  
crackers, crispbread, hard bread, Pilot biscuits, melba toast, arrowroot and social tea cookies.  
all purpose flour, cake and pastry flour  
pasta (macaroni, spaghetti, noodles, macaroni and cheese dinners), ready to eat breakfast cereals  
mixes (cake, pancake, muffin, cookie, pudding, bread and roll, bannock, pizza), jelly powders, puddings (canned or ready to eat)  
lard, shortening, cooking oils  
sugar, salt, baking powder, cornstarch  
spreads, syrups, sauces, condiments, toppings (excluding artificial cream products)  
coffee, tea  
fruit flavoured drinks with at least 25% juice (fresh, canned, boxed or frozen) and fruit drink crystals with vitamin C added

### Foods of Little Nutritional Value

The Northern Air Stage Subsidy does not apply to the following food and beverage products:

beer, wine and spirits  
soft drinks, carbonated mineral water  
fruit-flavoured drinks with less than 25% juice or without vitamin C added or fruit drink crystals without vitamin C added  
candies, confectionery, chewing gum, licorice  
fruit, seeds, nuts and popcorn when coated or treated with candy, chocolate, honey, molasses, sugar, syrup or artificial sweeteners  
fruit bars, rolls, granola bars or similar fruit-based snack foods  
salted nuts and salted seeds, snack mixtures (e.g. salted mixed nuts)  
potato chips, corn chips, tortilla chips, popped corn products, cheese puffs, pretzels and similar products  
sweetened baked goods (cakes, muffins, pies, pastries, tarts, cookies, doughnuts, brownies, croissants with sweetened fillings or coatings, waffles and similar products), excluding arrowroot and social tea cookies  
sandwiches, prepared salads, hamburgers, hot dogs and other prepared foods for immediate consumption  
frozen flavoured ice (e.g. popsicles)  
imitation cream products (e.g. non-dairy coffee whiteners, non-dairy whipped dessert toppings)  
meal replacements for weight reduction

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Canada Post will not accept these products, at any postage rate, on the air stage network.

\* From the Communiqué of June 23, 1992 issued by the Department of Indian Affairs and Northern Development.

**TABLE 3 LIST OF COMMUNITIES IN FOOD PRICE SURVEY 1990-93**

<b>Southern Centre</b>	<b>Staging Points</b>	<b>Air Stage Communities Receiving Food Mail</b>	<b>Other Northern Communities</b>
	Val-d'Or	Pangnirtung Broughton Island Clyde River Pond Inlet Arctic Bay	Iqaluit
Winnipeg	Churchill	Repulse Bay~~ Coral Harbour~~	Rankin Inlet
	Yellowknife	Gjoa Haven~~ Fort Franklin~~~	
	Inuvik		
	Val-d'Or	Povungnituk Salluit Kangiqsujuaq Kuujjuaq	
St. John's	Goose Bay	Davis Inlet~~ Nain~~	Rigolet
Ottawa Thunder Bay		Sachigo Lake	
	Pickle Lake	Fort Severn	
	Timmins/Kapuskasing	Peawanuck Attawapiskat	
Regina Prince Albert	La Ronge	Black Lake~~	
	Whitehorse		Old Crow

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~~Began receiving food mail in 1991. ~~~ Began receiving food mail in 1992.

**TABLE 4 NORTHERN NUTRITIOUS FOOD BASKET: WEEKLY QUANTITIES REQUIRED FOR A FAMILY OF FOUR**

Food Item	Quantity	Perishable/ Non-Perishable (P/NP)	Food Item	Quantity	Perishable/ Non-Perishable (P/NP)
<b>Dairy Products</b>					
Evaporated Milk	10.76 L	NP	<b>Citrus Fruit and Tomatoes</b>		
% Milk, Fresh or UHT	3.88 L	P			
Cheddar Cheese, medium	12 g	P	Oranges	300 g	P
Process Cheese Slices	57 g	P	Apple Juice	1145 ml	P
Skim Milk Powder	28 g	NP	Orange Juice	475 ml	P
			Canned Tomatoes	1115 ml	NP
<b>Total</b>	<b>15.25 L(1)</b>		<b>Total</b>	<b>3.2 kg</b>	
<b>Eggs</b>					
Grade A Large	1.5 doz.	P	<b>Other Fruit</b>		
			Apples	4.5 kg	P
<b>Meats, Poultry, Fish</b>			Bananas	1.1 kg	P
Chicken,Frozen,Legs or Whole	1.72 kg	P	Canned Fruit Cocktail	640 g	NP
Pork Chops,Loin	570 g	P			
Hamburger or Frozen Patties	1.01 kg	P	<b>Total</b>	<b>6.25 kg</b>	
Canned Pink Salmon	60 g	NP	<b>Potatoes</b>		
Sardines,Soya Oil	60 g	NP			
T-Bone Steak	70 g	P	Fresh Potatoes	5.9 kg	P
Sliced Ham	60 g	P	Frozen French Fried Potatoes	1.2 kg	P
<b>Total</b>	<b>3.55 kg</b>		<b>Total</b>	<b>7.1 kg</b>	
<b>Meat Alternates</b>					
Bologna	80 g	P	<b>Other Vegetables</b>		
Canned Luncheon Meat,Pork	80 g	NP	Carrots	970 g	P
Canned Baked Beans	80 g	NP	Canned Peas(4)	1.43 kg	NP
Peanut Butter	70 g	NP	Canned Kernel Corn(4)	3.08 kg	NP
Canned Beef Stew	890 g	NP	Onions	.82 kg	P
<b>Total</b>	<b>1.2 kg</b>		<b>Total</b>	<b>6.30 kg</b>	
<b>Cereal and Bakery Products</b>					
Flour, all purpose	1.66 kg	NP	<b>Fats and Oils</b>		
Pilot Biscuits	1.45 kg	NP	Margarine, Tub	160 g	P
Soda Biscuits	1.03 kg	NP	Butter	160 g	P
Bread, Enriched, White	1.94 kg	P	Corn Oil	120 g	NP
Macaroni / Spaghetti	840 g	NP	Lard	510 g	NP
Rice, Long-Grained, White	340 g	NP	<b>Total</b>	<b>.95 kg</b>	
Rolled Oats	60 g	NP	<b>Sugar and Sweets</b>		
Corn Flakes	600 g	NP			
Macaroni and Cheese Dinner (2)	640 g	NP	Sugar, White	390 g	NP
<b>Total</b>	<b>6.9 kg (3)</b>		Fruit Drink Crystal, W/VIT C	560 g	NP
			<b>Total</b>	<b>.95 kg</b>	

(1) Based on the calcium equivalent (1250 mg) of 1 litre of fluid 2% milk.

(2) Assume 75% macaroni, 25% cheese powder.

(3) Assume 0.66 kg flour=1kg bakery products.

(4) Drained weight used to determine scalar.

**TABLE 5 WEEKLY NUTRIENT CONTENT OF THE NORTHERN NUTRITIOUS FOOD BASKET (NFB) FOR A FAMILY OF FOUR**

Food Group	Food Energy (kcal)	Protein (g)	Carbohydrate		Total Fat (g)	Saturated Fat		Calcium (mg)	Iron (mg)	Vitamin A		Vitamin C (mg)	Thiamin (mg)	Folacin (mcg)	Total Niacin (NE)	Sodium (mg)
			(g)	(g)		(g)	(g)			(RE)	(mg)					
Dairy Products	9372.73	508.80	715.76	500.32	305.52	19058.61	12.17	5449.53	889.78	4.10	630.62	133.35	8476.10			
Eggs	1401.37	107.73	9.04	98.95	29.72	497.83	18.54	1384.34	0.00	0.65	3.98	29.21	1227.24			
Meat, Poultry & Fish	4996.48	523.81	1.80	305.60	105.47	612.74	35.26	293.24	2.60	3.47	157.86	243.16	2785.15			
Meat Alternates	1663.63	94.52	92.51	104.91	30.36	188.02	13.65	11.53	29.81	0.85	77.65	40.03	2698.57			
Cereal & Bakery Products	26978.33	749.06	5080.54	291.46	67.93	3524.52	295.93	49.51	3.23	36.54	2119.22	390.67	38205.99			
Citrus Fruit & Tomatoes	1136.86	17.56	259.04	4.93	0.74	530.17	12.50	803.94	895.86	1.38	380.75	13.71	1993.06			
Other Fruit	3563.41	17.63	899.62	18.76	3.77	371.18	11.51	392.33	312.58	1.14	266.86	12.63	45.63			
Potatoes	6735.93	122.72	1366.69	107.61	50.10	489.69	30.50	0.00	483.23	6.13	621.02	120.79	604.21			
Other Vegetables	2832.18	108.91	596.84	26.47	4.21	683.68	32.48	18902.88	318.58	2.31	1584.68	49.63	9300.38			
Fats & Oils	7971.88	2.64	0.00	890.13	324.39	80.48	0.27	2699.39	0.23	0.02	6.19	0.70	2739.52			
Sugars & Sweets	3590.22	0.00	908.20	0.00	0.00	1502.65	4.31	0.00	1183.06	0.00	0.00	0.04	121.64			
Total	70243.03	2253.38	9930.03	2349.15	922.21	27539.58	467.12	29986.69	4118.95	56.60	5848.84	1033.93	68197.48			



**TABLE 6 NORTHERN FOOD BASKET COST INDEX, 1990-93\***

	Northern Food Basket Index				Perishable Index				Non-Perishable Index			
	1990~	1991~	1992~	1993	1990	1991	1992	1993	1990	1991	1992	1993
<b>Ottawa</b>	<b>100</b>	<b>100</b>	<b>100</b>	<b>100</b>	<b>100</b>	<b>100</b>	<b>100</b>	<b>100</b>	<b>100</b>	<b>100</b>	<b>100</b>	<b>100</b>
Iqaluit	212	217	217	197	233	240	218	196	197	201	217	197
Pangnirtung	235	-	226	214	298	-	226	217	190	-	226	212
Broughton Island	242	-	236	256	315	-	249	291	191	-	225	230
Clyde River	-	237	220	208	-	270	214	218	-	214	226	201
Pond Inlet	257	242	221	213	322	293	233	215	212	206	211	211
Arctic Bay	259	-	244	228	313	-	273	234	222	-	220	224
Winnipeg	-	105	111	110	-	95	93	93	-	112	125	122
Churchill	-	143	146	146	-	137	131	127	-	148	158	159
Rankin Inlet	226	-	-	208	236	-	-	217	220	-	-	202
Repulse Bay~~	249	242	234	217	293	291	260	231	218	208	214	207
Coral Harbour~~	-	-	-	233	-	-	-	268	-	-	-	207
Yellowknife	137	139	143	118	131	124	126	99	141	149	156	131
Gjoa Haven~~	251	263	232	219	311	288	239	230	209	245	227	211
Fort Franklin~~~	-	212	204	201	-	246	238	224	-	188	178	184
Inuvik	-	-	-	172	-	-	-	175	-	-	-	170
Val-d'Or	111	107	111	110	95	101	108	106	122	112	114	113
Povungnituk	176	172	186	176	178	157	162	154	174	183	204	192
Salluit	186	-	-	190	196	-	-	170	180	-	-	205
Kangiqsujuaq	-	174	179	180	-	155	159	165	-	187	194	191
Kuujuuaq	169	166	169	175	164	161	150	159	173	170	185	187
St. John's	119	-	110	108	119	-	102	102	119	-	117	113
Goose Bay	140	125	128	120	148	120	119	112	135	128	136	126
Rigolet	146	132	170	156	137	125	166	153	152	137	173	158
Davis Inlet~~	-	-	139	140	-	-	134	148	-	-	144	134
Nain~~	135	123	132	151	141	123	119	169	130	123	143	138
Thunder Bay	-	109	120	103	-	106	105	96	-	111	132	107
Pickle Lake	-	-	-	130	-	-	-	105	-	-	-	149
Peawanuck	-	185	-	164	-	173	-	161	-	194	-	166
Fort Severn	216	218	213	207	222	218	209	213	211	219	217	202
Sachigo Lake	196	-	189	189	202	-	171	173	192	-	202	200
Timmins	-	102	108	97	-	95	107	88	-	106	109	104
Kapuskasing	-	125	122	116	-	97	108	92	-	145	133	134
Attawapiskat	-	201	203	-	-	205	190	-	-	199	212	-
Regina	-	102	114	-	-	97	102	-	-	106	123	-
Prince Albert	-	-	-	119	-	-	-	111	-	-	-	126
La Ronge	-	128	136	-	-	115	113	-	-	138	153	-
Black Lake~~	-	190	219	186	-	204	191	183	-	180	240	189
Whitehorse	-	-	-	143	-	-	-	134	-	-	-	150
Old Crow	-	289	287	259	-	263	255	253	-	307	312	263

\* Northern Food Basket is an adaptation of Agriculture Canada's Thrifty Nutritious Food Basket, 1990, developed with the assistance of Agriculture Canada in cooperation with Health and Welfare Canada. Foods selected represent those available and most commonly purchased in northern communities.

\*\* Reference family includes woman (25 - 49 years), a man (25-49 years), a boy (13 - 15 years) and a girl (7-9 years).

~ Revised prices. 1991 Labrador prices and 1990 prices in Rigolet were summer prices (marine service available).

~~ Began receiving food mail in 1991. ~~~ Began receiving food mail in 1992.

**TABLE 7 WEEKLY COST OF NORTHERN FOOD BASKET \*(NFB) FOR A FAMILY OF FOUR\*\*, 1990-93**

Community	1990~	1991~	1992~	1993	Per Cent Change		Difference in Cost of Northern Food Basket			
					91-92	92-93	91-93		90-93	
							%		%	
Iqaluit	\$240	\$263	\$259	\$246	-1.3	-5.3	-6.7	(\$16)	2.7	\$7
Pangnirtung	\$265	-	\$270	\$268	-	-0.7	-	-	1.2	\$3
Broughton Island	\$274	-	\$281	\$321	-	12.3	-	-	14.7	\$47
Clyde River	-	\$287	\$263	\$261	-9.2	-0.8	-10.0	(\$26)	-	-
Pond Inlet	\$290	\$292	\$264	\$267	-10.9	1.1	-9.6	(\$26)	-9.0	(\$24)
Arctic Bay	\$293	-	\$291	\$285	-	-1.9	-	-	-2.7	(\$8)
Winnipeg	-	\$127	\$133	\$138	4.1	3.7	7.6	\$10	-	-
Churchill	-	\$173	\$174	\$182	0.8	4.3	5.1	\$9	-	-
Rankin Inlet	\$256	-	-	\$261	-	-	-	-	2.0	\$5
Repulse Bay~~	\$281	\$293	\$280	\$272	-4.8	-2.9	-7.9	(\$21)	-3.4	(\$9)
Coral Harbour~~	-	-	-	\$292	-	-	-	-	-	-
Yellowknife	\$155	\$168	\$170	\$148	1.5	-15.3	-13.7	(\$20)	-4.7	(\$7)
Gjoa Haven~~	\$284	\$318	\$277	\$275	-14.8	-0.8	-15.7	(\$43)	-3.2	(\$9)
Fort Franklin~~~	-	\$256	\$244	\$252	-5.2	3.2	-1.9	(\$5)	-	-
Inuvik	-	-	-	\$216	-	-	-	-	-	-
Val-d'Or	\$125	\$130	\$133	\$137	2.2	3.4	5.5	\$8	9.0	\$12
Povungnituk	\$198	\$209	\$221	\$220	5.8	-0.4	5.4	\$12	9.9	\$22
Salluit	\$211	-	-	\$238	-	-	-	-	11.7	\$28
Kangiqsujuaq	-	\$210	\$213	\$226	1.4	5.5	6.8	\$15	-	-
Kuujuuaq	\$191	\$201	\$202	\$220	0.4	8.2	8.5	\$19	13.2	\$29
St. John's	\$134	-	\$131	\$136	-	-	-	-	1.1	\$1
Goose Bay	\$158	\$151	\$153	\$150	1.8	-1.9	-0.0	(\$0)	-5.3	(\$8)
Rigolet	\$165	\$160	\$203	\$196	21.1	-3.6	18.3	\$36	15.8	\$31
Davis Inlet~~	-	-	\$166	\$175	-	4.9	-	-	-	-
Nain~~	\$152	\$149	\$158	\$189	5.6	16.6	21.2	\$40	19.5	\$37
Ottawa	\$113	\$121	\$119	\$125	-1.4	4.8	3.5	\$4	9.9	\$12
Thunder Bay	-	\$132	\$143	\$129	7.7	-11.1	-2.5	(\$3)	-	-
Pickle Lake	-	-	-	\$163	-	-	-	-	-	-
Peawanuck	-	\$224	-	\$205	-	-	-9.2	(\$19)	-	-
Fort Severn	\$244	\$264	\$255	\$259	-3.6	1.8	-1.8	(\$5)	6.0	\$15
Sachigo Lake	\$221	-	\$225	\$236	-	4.8	-	-	6.4	\$15
Timmins	-	\$123	\$129	\$122	4.9	-6.2	-1.0	(\$1)	-	-
Kapuskasing	-	\$151	\$146	\$145	-3.5	-0.1	-3.7	(\$5)	-	-
Attawapiskat	-	\$244	\$242	-	-0.8	-	-	-	-	-
Regina	-	\$123	\$136	-	9.2	-	-	-	-	-
Prince Albert	-	-	-	\$150	-	-	-	-	-	-
La Ronge	-	\$154	\$162	-	4.7	-	-	-	-	-
Black Lake~~	-	\$229	\$261	\$233	12.0	-11.7	1.7	\$4	-	-
Whitehorse	-	-	-	\$179	-	-	-	-	-	-
Old Crow	-	\$349	\$342	\$325	-2.0	-5.4	-7.5	(\$24)	-	-

\* Northern Food Basket is an adaptation of Agriculture Canada's Thrifty Nutritious Food Basket, 1990, developed with the assistance of Agriculture Canada in cooperation with Health and Welfare Canada. Foods selected represent those available and most commonly purchased in northern communities.

\*\* Reference family includes woman (25 - 49 years), a man (25-49 years), a boy (13 - 15 years) and a girl (7-9 years).

~ Revised prices. 1991 Labrador prices and 1990 prices in Rigolet were summer prices (marine service available).

~~ Began receiving food mail in 1991. ~~~ Began receiving food mail in 1992.

**TABLE 8 DIFFERENCE IN COST OF PERISHABLES IN NORTHERN FOOD BASKET\* (\$), 1990-93**

Community	Weekly Cost of Perishables				Per Cent Change		Difference in Cost of Perishables			
	1990~	1991~	1992~	1993	91-92	92-93	91-93		90-93	
					%	%	%		%	
Iqaluit	\$109	\$120	\$114	\$103	-5.2	-10.7	-16.5	(\$17)	-5.3	(\$5)
Pangnirtung	\$139	-	\$119	\$114	-	-3.9	-	-	-21.5	(\$25)
Broughton Island	\$147	-	\$131	\$154	-	15.0	-	-	4.4	\$7
Clyde River	-	\$135	\$112	\$115	-20.9	2.5	-17.9	(\$21)	-	-
Pond Inlet	\$150	\$147	\$122	\$114	-20.1	-7.5	-29.2	(\$33)	-32.1	(\$36)
Arctic Bay	\$146	-	\$143	\$123	-	-16.3	-	-	-18.4	(\$23)
Winnipeg	-	\$48	\$49	\$49	2.8	0.3	3.1	\$2	-	-
Churchill	-	\$69	\$69	\$67	-0.0	-2.8	-2.9	(\$2)	-	-
Rankin Inlet	\$110	-	-	\$114	-	-	-	-	4.0	\$5
Repulse Bay~~	\$136	\$146	\$136	\$122	-7.0	-11.8	-19.7	(\$24)	-11.8	(\$14)
Coral Harbour~~	-	-	-	\$142	-	-	-	-	-	-
Yellowknife	\$61	\$62	\$66	\$52	5.9	-26.0	-18.6	(\$10)	-16.3	(\$9)
Gjoa Haven~~	\$145	\$144	\$125	\$121	-15.2	-3.3	-18.9	(\$23)	-19.3	(\$23)
Fort Franklin~~~~	-	\$123	\$125	\$118	1.2	-5.5	-4.2	(\$5)	-	-
Inuvik	-	-	-	\$92	-	-	-	-	-	-
Val-d'Or	\$44	\$51	\$57	\$56	10.7	-1.9	9.0	\$5	20.3	\$11
Povungnituk	\$83	\$79	\$85	\$81	7.2	-4.6	2.9	\$2	-2.1	(\$2)
Salluit	\$91	-	-	\$90	-	-	-	-	-1.8	(\$2)
Kangiqsujuaq	-	\$78	\$83	\$87	6.9	4.0	10.7	\$9	-	-
Kuujuuaq	\$76	\$81	\$78	\$84	-2.9	6.7	3.9	\$3	9.4	\$8
St. John's	\$56	-	\$53	\$54	-	1.0	-	-	-3.0	(\$2)
Goose Bay	\$69	\$60	\$62	\$59	3.5	-5.6	-1.9	(\$1)	-16.6	(\$10)
Rigolet	\$64	\$63	\$87	\$81	28.0	-7.7	22.4	\$18	20.9	\$17
Davis Inlet~~	-	-	\$70	\$78	-	10.1	-	-	-	-
Nain~~	\$66	\$62	\$62	\$89	1.0	30.3	31.1	\$28	26.3	\$24
Ottawa	\$47	\$50	\$52	\$53	4.4	0.6	4.9	\$3	11.7	\$6
Thunder Bay	-	\$53	\$55	\$51	2.8	-7.9	-4.8	(\$2)	-	-
Pickle Lake	-	-	-	\$55	-	-	-	-	-	-
Peawanuck	-	\$87	-	\$85	-	-	-2.2	(\$2)	-	-
Fort Severn	\$104	\$109	\$109	\$112	0.3	2.7	3.0	\$3	7.9	\$9
Sachigo Lake	\$94	-	\$90	\$91	-	1.7	-	-	-2.8	(\$3)
Timmins	-	\$48	\$56	\$46	15.1	-21.0	-2.7	(\$1)	-	-
Kapuskasing	-	\$48	\$57	\$49	14.4	-16.3	0.4	\$0	-	-
Attawapiskat	-	\$103	\$100	-	-3.3	-	-	-	-	-
Regina	-	\$49	\$54	-	9.1	-	-	-	-	-
Prince Albert	-	-	-	\$59	-	-	-	-	-	-
La Ronge	-	\$58	\$59	-	3.1	-	-	-	-	-
Black Lake~~	-	\$102	\$100	\$96	-2.1	-4.1	-6.2	(\$6)	-	-
Whitehorse	-	-	-	\$70	-	-	-	-	-	-
Old Crow	-	\$132	\$134	\$133	-	-	1.2	\$2	-	-

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~ Revised prices. 1991 Labrador prices and 1990 prices in Rigolet were summer prices (marine service available).

~~ Began receiving food mail in 1991. ~~~ Began receiving food mail in 1992.

**TABLE 9 DIFFERENCE IN COST OF NON-PERISHABLES IN NORTHERN FOOD BASKET\*(\\$),1990-93**

Community	Weekly Cost of Non-Perishables				Per Cent Change		Difference in Cost of Non-Perishables			
	1990~	1991~	1992~	1993	91-92	92-93	91-93		90-93	
							%		%	
Iqaluit	\$131	\$143	\$145	\$143	1.7	-1.4	0.4	\$1	8.5	\$12
Pangnirtung	\$126	-	\$151	\$154	-	1.7	-	-	18.0	\$28
Broughton Island	\$127	-	\$151	\$167	-	9.9	-	-	24.2	\$40
Clyde River	-	\$152	\$151	\$146	-0.5	-3.3	-3.8	(\$6)	-	-
Pond Inlet	\$140	\$146	\$141	\$153	-2.9	7.6	4.9	\$8	8.2	\$13
Arctic Bay	\$147	-	\$147	\$162	-	9.1	-	-	9.3	\$15
Winnipeg	-	\$80	\$84	\$89	4.9	5.5	10.1	\$9	-	-
Churchill	-	\$104	\$106	\$116	1.3	8.4	9.6	\$11	-	-
Rankin Inlet	\$146	-	-	\$147	-	-	-	-	0.5	\$1
Repulse Bay~~	\$145	\$147	\$143	\$150	-2.7	4.3	1.8	\$3	3.4	\$5
Coral Harbour~~	-	-	-	\$151	-	-	-	-	-	-
Yellowknife	\$94	\$106	\$104	\$95	-1.4	-9.5	-11.0	(\$10)	1.7	\$2
Gjoa Haven~~	\$139	\$174	\$152	\$153	-14.5	1.2	-13.1	(\$20)	9.5	\$15
Fort Franklin~~~	-	\$133	\$119	\$133	-12.0	10.9	0.2	\$0	-	-
Inuvik	-	-	-	\$124	-	-	-	-	-	-
Val-d'Or	\$81	\$79	\$76	\$82	-4.2	7.0	3.1	\$3	1.3	\$1
Povungnituk	\$116	\$130	\$136	\$139	4.9	2.0	6.8	\$9	17.0	\$24
Salluit	\$119	-	-	\$149	-	-	-	-	19.8	\$29
Kangiqsujuaq	-	\$133	\$130	\$139	-2.2	6.5	4.4	\$6	-	-
Kuujuuaq	\$115	\$120	\$124	\$136	2.5	9.1	11.3	\$15	15.7	\$21
St. John's	\$79	-	\$78	\$82	100.0	4.5	-	-	3.7	\$3
Goose Bay	\$90	\$90	\$91	\$91	0.6	0.5	1.2	\$1	2.0	\$2
Rigolet	\$101	\$97	\$116	\$115	16.0	-0.8	15.4	\$18	12.1	\$14
Davis Inlet~~	-	-	\$96	\$97	-	0.6	-	-	-	-
Nain~~	\$86	\$87	\$96	\$100	8.5	4.3	12.5	\$12	13.4	\$13
Ottawa	\$66	\$71	\$67	\$73	-5.8	7.8	2.4	\$2	8.6	\$6
Thunder Bay	-	\$79	\$88	\$78	10.7	-13.2	-1.0	(\$1)	-	-
Pickle Lake	-	-	-	\$108	-	-	-	-	-	-
Peawanuck	-	\$137	-	\$120	-	-	-14.1	(\$17)	-	-
Fort Severn	\$140	\$155	\$145	\$147	-6.6	1.1	-5.4	(\$8)	4.5	\$7
Sachigo Lake	\$127	-	\$135	\$145	-	6.7	-	-	12.2	\$18
Timmins	-	\$75	\$73	\$75	-3.0	2.9	-0.0	(\$0)	-	-
Kapuskasing	-	\$102	\$89	\$97	-14.9	8.0	-5.7	(\$6)	-	-
Attawapiskat	-	\$141	\$142	-	1.0	-	-	-	-	-
Regina	-	\$75	\$82	-	9.2	-	-	-	-	-
Prince Albert	-	-	-	\$91	-	-	-	-	-	-
La Ronge	-	\$97	\$102	-	5.6	-	-	-	-	-
Black Lake~~	-	\$127	\$160	\$137	20.8	-17.1	7.3	\$10	-	-
Whitehorse	-	-	-	\$109	-	-	-	-	-	-
Old Crow	-	\$217	\$209	\$191	-4.0	-9.2	-13.6	(\$26)	-	-

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Canada in cooperation with Health and Welfare Canada. Foods selected represent those available and most commonly purchased in northern communities.

~ Revised prices. 1991 Labrador prices and 1990 prices in Rigolet were summer prices (marine service available).

~~ Began receiving food mail in 1991. ~~~ Began receiving food mail in 1992.



**TABLE 10 CHANGE IN COST PER KILOGRAM OF PERISHABLES AND NON-PERISHABLES IN SELECTED COMMUNITIES, 1991-1993**

Food Group	Perishables					Non-Perishables								
	Ottawa	Pond Inlet	Repulse Bay	Gjoa Haven*	Povungnituk	Nain*	Fort Severn	Ottawa	Pond Inlet	Repulse Bay	Gjoa Haven*	Povungnituk	Nain*	Fort Severn
Dairy Products	\$0.11	(\$1.11)	(\$0.29)	(\$0.72)	\$0.02	\$1.18	\$0.66	\$0.25	\$0.25	(\$0.12)	\$0.21	\$0.12	\$0.16	\$0.31
Eggs	\$0.13	(\$2.08)	(\$1.35)	(\$0.39)	(\$0.29)	\$0.62	\$0.08							
Meat, Poultry, Fish	\$0.02	(\$1.11)	\$0.46	(\$0.73)	(\$0.36)	\$1.65	\$0.26	\$0.73	(\$1.06)	\$5.17	(\$1.58)	(\$2.75)	(\$1.84)	\$1.17
Meat Alternates	\$1.20	(\$0.16)	\$1.00	(\$2.25)	(\$0.48)	\$3.03	\$2.50	(\$0.51)	(\$0.50)	\$0.56	(\$1.66)	\$0.80	\$1.42	\$1.32
Cereal & Bakery Products	\$0.15	(\$0.92)	(\$1.04)	(\$1.42)	\$0.71	\$0.33	\$0.18	\$0.05	\$0.33	\$0.35	\$1.08	\$0.42	\$1.06	\$0.35
Citrus Fruit	(\$0.06)	(\$0.52)	\$0.92	(\$1.02)	(\$0.19)	\$0.32	(\$0.07)	\$0.40	\$1.24	\$0.00	\$0.41	\$0.48	\$1.10	(\$0.68)
Other Fruit	\$0.19	(\$1.79)	(\$1.94)	(\$1.48)	\$0.22	\$0.98	(\$0.42)	(\$5.17)	(\$1.50)	(\$0.11)	\$1.28	\$1.10	\$0.12	\$0.09
Potatoes	(\$0.05)	(\$1.22)	(\$0.88)	(\$0.75)	\$0.28	\$0.10	\$0.24							
Other Vegetables	\$0.39	(\$1.37)	(\$2.20)	\$0.89	(\$0.04)	\$1.73	(\$0.11)	(\$0.36)	\$0.77	\$0.54	\$1.58	\$0.63	\$0.38	(\$3.01)
Fats & Oils	\$0.31	\$0.17	(\$0.97)	(\$0.28)	\$0.35	\$2.90	(\$0.03)	(\$0.18)	\$0.74	\$0.02	\$0.37	\$0.53	\$0.43	\$0.11
Sugar & Sweets	-	-	-	-	-	-	-	\$0.77	(\$0.16)	(\$0.40)	(\$0.17)	\$0.63	(\$0.11)	(\$0.29)
All Food Groups**	(\$0.57)	(\$1.10)	(\$0.80)	(\$0.78)	\$0.08	\$0.78	\$0.11	\$0.06	\$0.25	\$0.09	\$0.49	\$0.32	\$0.45	(\$0.26)

1990 survey results were used for comparison in Labrador since the 1991 survey was carried out prior to freeze-up when marine service was still available and in Gjoa Haven since the 1991 survey was conducted just prior to sealift when many non-perishables were being flown in. \*\* Includes additional 15 % for packaging, loss and spoilage.

**TABLE 11 CHANGE IN WEEKLY COST OF FOOD GROUPS IN NORTHERN FOOD BASKET, 1991-93**

Community	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternates	Cereal & Bakery Products	Citrus Fruit	Other Fruit	Potatoes	Other Veg	Fats & Oils	Sugar & Sweets
Iqaluit	(\$1.91)	\$0.00	(\$2.76)	\$0.64	\$0.22	(\$1.11)	(\$2.02)	(\$8.09)	(\$0.28)	(\$0.13)	(\$0.24)
Pangnirtung <sup>^</sup>	\$3.15	(\$0.48)	\$0.78	\$1.78	\$5.50	\$0.80	(\$6.94)	(\$10.56)	\$8.17	\$0.37	\$0.51
Broughton <sup>^</sup>	\$9.19	(\$0.13)	\$0.20	\$2.63	\$11.52	\$2.11	\$9.45	(\$2.21)	\$10.81	\$0.59	\$0.78
Clyde River	(\$13.25)	(\$1.05)	(\$3.02)	\$0.53	(\$1.62)	(\$1.26)	(\$5.04)	(\$3.67)	\$2.10	(\$0.26)	\$1.69
Pond Inlet	(\$1.72)	(\$0.97)	(\$3.94)	\$0.34	(\$0.13)	\$0.29	(\$10.98)	(\$8.67)	\$1.01	\$0.52	(\$0.16)
Arctic Bay <sup>^</sup>	\$2.40	(\$0.40)	\$0.35	\$1.43	\$4.03	(\$3.17)	(\$10.52)	(\$4.53)	\$3.01	(\$0.54)	\$0.74
Winnipeg	\$2.94	\$0.37	(\$0.66)	(\$0.24)	(\$2.99)	(\$0.07)	\$1.65	\$1.02	\$7.13	\$0.52	\$0.30
Churchill	\$1.40	\$0.18	(\$0.81)	(\$0.02)	\$4.27	(\$0.36)	(\$2.74)	\$1.23	\$5.71	(\$0.04)	(\$0.06)
Rankin <sup>^</sup>	\$0.23	\$0.12	\$2.39	\$0.98	\$1.39	\$0.42	\$2.08	(\$0.12)	(\$2.19)	\$0.04	(\$0.40)
Repulse Bay	(\$2.44)	(\$3.03)	\$2.20	\$0.70	(\$0.30)	\$1.91	(\$10.95)	(\$6.27)	(\$1.49)	(\$0.29)	(\$0.37)
Yellowknife	(\$0.19)	(\$0.31)	(\$0.43)	\$0.00	(\$2.28)	(\$2.23)	(\$5.92)	(\$1.27)	(\$6.13)	(\$0.31)	(\$0.16)
Gjoa Haven <sup>^</sup>	(\$0.59)	(\$0.88)	(\$2.61)	(\$1.04)	\$2.57	(\$1.66)	(\$7.50)	(\$5.36)	\$8.73	\$0.14	(\$0.16)
Fort Franklin	(\$1.90)	(\$0.55)	\$1.10	\$0.20	\$5.83	\$0.98	(\$1.99)	(\$1.75)	(\$6.64)	\$0.32	(\$0.04)
Val d'Or	\$1.70	\$0.30	\$2.65	(\$0.77)	\$0.38	(\$1.00)	\$1.74	\$0.81	\$1.57	(\$0.04)	(\$0.15)
Povungnituk	\$1.35	(\$0.66)	(\$1.57)	\$0.86	\$3.45	\$0.13	\$1.94	\$1.95	\$2.79	\$0.45	\$0.60
Salluit <sup>^</sup>	\$6.44	\$0.24	(\$0.07)	\$0.79	\$6.96	\$0.48	\$3.01	(\$3.75)	\$12.29	\$0.47	(\$0.34)
Kangiqsujuag	\$2.64	(\$0.55)	\$3.03	\$1.14	\$2.90	(\$0.25)	(\$1.67)	\$7.36	(\$1.33)	\$0.75	\$0.70
Kuujuaq	\$0.61	\$0.00	(\$0.86)	\$1.64	\$1.49	\$0.40	\$2.68	\$3.02	\$8.20	\$0.33	\$0.28
St. John's <sup>^</sup>	\$0.57	\$0.04	\$2.50	(\$0.81)	\$1.48	(\$0.34)	(\$2.76)	(\$3.63)	\$4.64	(\$0.10)	(\$0.22)
Goose Bay	(\$2.04)	\$0.15	(\$5.25)	\$0.78	\$1.45	\$1.07	(\$5.37)	(\$1.68)	\$2.69	\$0.39	\$0.20
Rigolet	\$2.29	\$1.65	\$3.90	\$1.41	\$6.42	\$0.48	\$2.63	\$3.07	\$5.95	\$0.81	\$0.75
Nain	\$6.43	\$1.39	\$5.43	\$1.83	\$5.91	\$1.90	\$5.57	\$0.74	\$4.82	\$1.20	(\$0.11)
Ottawa	\$3.16	\$0.30	\$0.17	(\$0.47)	\$0.51	\$0.31	\$0.75	(\$0.35)	(\$0.93)	(\$0.01)	\$0.73
Thunder Bay	\$0.53	\$0.12	(\$4.49)	(\$0.36)	\$2.30	\$0.14	\$0.68	(\$0.26)	(\$1.26)	(\$0.28)	(\$0.23)
Peawanuck	\$4.30	\$0.60	(\$5.63)	(\$1.06)	(\$9.80)	\$0.88	\$1.19	(\$0.89)	(\$7.16)	\$0.48	(\$1.88)
Fort Severn	\$5.94	\$0.19	\$1.17	\$1.68	\$2.10	(\$0.91)	(\$2.28)	\$1.68	(\$13.76)	\$0.08	(\$0.28)
Sachigo <sup>^</sup>	\$4.58	(\$1.12)	\$1.09	\$1.20	\$6.25	\$0.72	(\$1.79)	(\$1.60)	\$3.77	\$0.14	\$1.09
Black Lake	\$4.36	(\$0.25)	\$0.16	\$0.33	\$5.15	(\$0.86)	(\$6.02)	\$1.00	\$0.28	\$0.31	(\$0.68)
Old Crow	(\$11.18)	(\$1.96)	\$7.48	\$0.88	(\$1.42)	\$2.82	(\$11.40)	\$1.71	(\$10.56)	\$0.09	\$0.36

1990 survey results were used for comparison in Labrador since the 1991 survey was carried out prior to freeze-up when marine service was still available.

<sup>^</sup> 1990 prices were used for comparison since 1991 prices were not available or were atypical.

TABLE 12 FOOD GROUP COST INDEX, 1991-93

Community	Dairy Products		Eggs		Meat, Poultry & Fish		Meat Alt		Bakery Products		Citrus Fruit		Other Fruit		Potato		Other Veg		Fats & Oils		Sugar & Sweets	
	1991	1993	1991	1993	1991	1993	1991	1993	1991	1993	1991	1993	1991	1993	1991	1993	1991	1993	1991	1993	1991	1993
<b>Ottawa</b>	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100
Iqaluit	187	152	289	244	164	147	174	209	205	201	248	208	216	188	371	273	253	263	186	182	213	164
Pangnirtung*	180	169	348	269	167	170	158	218	187	208	210	213	287	217	431	301	233	284	180	193	185	163
Broughton*	184	199	330	272	197	196	190	230	188	237	265	237	292	348	336	406	235	299	177	198	176	176
Clyde River	215	124	386	272	189	171	198	233	220	207	274	228	264	211	336	300	271	293	197	188	176	187
Pond Inlet	191	156	404	291	184	161	198	229	212	207	244	233	321	219	411	307	272	289	183	201	197	154
Arctic Bay*	213	193	378	298	175	175	174	228	209	222	299	210	306	208	393	348	274	302	215	197	194	176
<b>Winnipeg</b>	88	88	118	119	103	98	111	117	128	111	122	112	85	92	78	97	114	154	112	130	111	98
Churchill	125	113	172	154	128	122	144	160	142	159	161	142	145	116	114	137	175	211	148	147	147	117
Rankin*	170	146	249	216	190	202	183	227	196	198	229	223	198	203	263	274	278	280	183	185	194	145
Repulse Bay	210	169	458	230	174	184	186	223	216	210	256	280	284	184	412	342	281	287	204	195	178	133
<b>Yellowknife</b>	111	95	173	130	108	104	151	169	153	139	159	100	133	80	125	113	177	155	133	123	132	101
Gjoa Haven*	202	171	357	256	180	164	205	203	195	202	271	216	313	237	400	343	250	305	187	192	188	147
Fort Franklin	179	145	321	243	172	177	166	189	174	197	211	218	244	215	351	343	260	239	176	188	167	133
<b>Val d'Or</b>	88	83	155	147	101	115	118	113	123	121	141	110	96	104	95	111	113	126	113	112	103	79
Povungnituk	155	139	265	190	166	156	172	211	173	185	183	173	112	121	170	206	220	245	165	181	178	160
Salluit*	146	155	247	221	174	172	160	197	168	196	177	175	156	170	223	180	196	266	165	182	186	140
Kangisjujaq	159	148	284	212	158	173	177	224	173	182	210	191	133	112	125	238	227	231	170	197	177	161
Kuujujaq	136	120	228	193	168	161	154	210	178	180	193	189	131	144	161	212	195	244	157	169	186	157
<b>St. John's*</b>	94	83	179	153	91	104	115	109	119	124	104	89	114	86	139	94	123	152	110	106	80	58
Goose Bay	99	76	228	193	115	97	129	143	125	137	160	131	121	116	91	84	154	174	133	141	107	91
Rigolet	113	106	256	271	118	131	149	173	134	167	164	170	106	158	96	144	160	210	169	169	152	135
Nain*	119	131	296	322	106	134	84	137	148	172	150	181	140	175	69	83	134	164	130	173	93	72
<b>Ottawa</b>	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100
Thunder Bay	94	83	144	128	113	88	115	119	105	113	113	108	87	87	87	88	136	136	122	113	119	89
Peawanuck	175	169	271	260	159	127	160	152	207	156	166	174	149	150	175	171	231	206	166	183	184	97
Fort Severn	167	170	259	229	158	163	151	208	200	205	255	218	262	229	249	286	311	257	182	185	197	151
Sachigo*	173	169	252	155	148	153	154	200	189	213	176	180	172	148	209	197	223	252	187	192	123	128
Timmins																						
Kapuskasing																						
<b>Black Lake</b>	147	145	264	210	136	136	163	189	190	209	229	195	251	191	250	277	216	228	156	168	176	123
Whitehorse																						
Old Crow	266	177	444	274	180	220	254	304	287	274	320	359	308	202	346	388	371	336	274	278	232	196

\*1990 prices were compared with 1993 since a price survey could not be conducted in 1991 or because 1991 prices were atypical.



TABLE 13

## TOTAL INCOME OF UNEMPLOYED EMPLOYABLE SOCIAL ASSISTANCE RECIPIENTS, AUGUST 1990

Region	Basic Assistance <sup>1</sup> (\$)	Northern Allowance (\$)	Family Allowance (\$)	Child Tax Credit <sup>2</sup> (\$)	Federal Sales Tax Credit <sup>2</sup> (\$)	Provincial Tax Credit <sup>3</sup> (\$)	Total Income (excluding earnings exemption) (\$)	Maximum Earnings Exemption (\$)
TWO ADULTS AND TWO CHILDREN (aged 8 and 14)								
N.W.T. Scale 1 (Yellowknife)	544		67	96	25		732	100
5 (Broughton Island)	714		67	96	25		901	100
6 (Rankin Inlet, Pond Inlet, Iqaluit)	757		67	96	25		944	100
7 (Arctic Bay, Pangnirtung)	799		67	96	25		986	100
8 (Repulse Bay)	841		67	96	25		1,028	100
10 (Gjoa Haven)	926		67	96	25		1,113	100
Northern Quebec	824 <sup>4</sup>		84	96	25		1,029	53
Val-d'Or	648 <sup>4</sup>		84	96	25		853	53
Labrador (Newfoundland)	531	88 <sup>5</sup>	67	96	25		718	100
Northern Ontario	829 <sup>6</sup>	203 <sup>7</sup>	67	96	25	25	1,245	175
Ottawa	729		67	96	25	25	942	175
Northern Manitoba (Churchill)	694	118	67	96	25	35	1,035	50
Northern Saskatchewan	633	100 <sup>8</sup>	67	96	25		921	100
Alberta	634		74	96	25		828	115
British Columbia	494		67	96	25		682	100
Yukon (Old Crow)	1,354		67	96	25		1,542	100
ONE ADULT AND THREE CHILDREN (aged 8, 11 and 14)								
N.W.T. Scale 1 (Yellowknife)	544		100	144	21		809	100
5 (Broughton Island)	714		100	144	21		979	100
6 (Rankin Inlet, Pond Inlet, Iqaluit)	757		100	144	21		1,022	100
7 (Arctic Bay, Pangnirtung)	799		100	144	21		1,064	100
8 (Repulse Bay)	841		100	144	21		1,106	100
10 (Gjoa Haven)	926		100	144	21		1,191	100
Northern Quebec	635 <sup>4</sup>		180	144	21		980	84
Val-d'Or	463 <sup>4</sup>		180	144	21		808	84
Labrador (Newfoundland)	481	88 <sup>5</sup>	100	144	21		746	40
Northern Ontario	858 <sup>6</sup>	197 <sup>7</sup>	100	144	21	25	1,345	175
Ottawa	758		100	144	21	25	1,048	175
Northern Manitoba (Churchill)	641	115	100	144	21	38	1,059	50
Northern Saskatchewan	590	100 <sup>8</sup>	100	144	21		955	100
Alberta	592		112	144	21		868	115
British Columbia	544		100	144	21		809	100
Yukon (Old Crow)	1,323		100	144	21		1,588	100

<sup>1</sup> Excludes shelter and utilities costs. Rates of assistance are long-term in Manitoba and Saskatchewan. The Basic Assistance scales include a budget for food, clothing, personal needs and household supplies (maintenance). In Newfoundland and Labrador and Quebec, utilities are normally included in the basic assistance payment. In Newfoundland and Labrador the cost of utilities is set at \$74. This amount has been deducted to arrive at the amount of basic assistance shown here. For Quebec, see footnote 5. Elsewhere, social assistance recipients receive a separate shelter allowance which covers rent and utilities, i.e., fuel, electricity and water. All applicants submit to a "needs test" and assistance is provided according to a scale of needs based on the number of dependants claimed by the applicant. The amounts indicated are the maximum allowable.

<sup>2</sup> Based on the credit for the 1989 taxation year, payable in 1990, prorated to a monthly basis.

<sup>3</sup> Sales tax credit in Ontario; cost of living tax credit in Manitoba; both were prorated to a monthly basis.

<sup>4</sup> Amount payable when the applicant has formally indicated an intention to participate in an employability measure, e.g., training, community service, wage subsidization, or job counselling, but no such measure is available at time of request. In northern Quebec (north of 55° latitude), the Société d'habitation du Québec applies a fixed rate shelter cost (including utilities) to social assistance recipients of \$163 for a three bedroom house. Since this shelter cost is \$22 less than the minimum shelter cost (\$185) allowable in order to receive the maximum basic assistance, the basic assistance is reduced by \$22. In Val-d'Or, rent (including utilities) was assumed to be \$400 for a 2 adult 2 children family and \$385 for a 1 adult 3 children family, based on average costs in 1990.

<sup>5</sup> The Labrador fuel allowance, available between November 1 and April 30, is not included in the total.

<sup>6</sup> General Welfare Assistance. Includes an estimated \$100 from unused portion of automatic Basic Shelter Allowance.

<sup>7</sup> Paid to households living north of 50° latitude in Ontario.

<sup>8</sup> Northern food allowance of \$25 per beneficiary.



TABLE 14 TOTAL INCOME OF UNEMPLOYED EMPLOYABLE SOCIAL ASSISTANCE RECIPIENTS, SEPTEMBER 1991

Region	Basic Assistance <sup>1</sup> (\$)	Northern Allowance (\$)	Family Allowance (\$)	Child Tax Credit <sup>2</sup> (\$)	GST Credit <sup>2</sup> (\$)	Provincial Tax Credit <sup>3</sup> (\$)	Total Income (excluding earnings exemption) (\$)	Maximum Earnings Exemption (\$)
TWO ADULTS AND TWO CHILDREN (aged 8 and 14)								
N.W.T. Scale 1 (Yellowknife)	558		68	98	48		772	100
5 (Broughton Island, Fort Franklin)	742		68	98	48		956	100
6 (Rankin Inlet, Pond Inlet, Iqaluit)	788		68	98	48		1,002	100
7 (Arctic Bay, Pangnirtung, Clyde River)	833		68	98	48		1,047	100
8 (Repulse Bay)	879		68	98	48		1,093	100
10 (Gjoa Haven)	970		68	98	48		1,184	100
Northern Quebec	873 <sup>4</sup>		86	98	48		1,105	55
Val-d'Or	678 <sup>4</sup>		86	98	48		910	55
Labrador (Newfoundland)	531	88 <sup>5</sup>	68	98	48		745	100
Northern Ontario	881 <sup>6</sup>	221 <sup>7</sup>	68	98	48	25	1,341	175
Ottawa	781		68	98	48	25	1,020	150
Northern Manitoba (Churchill)	725	123	68	98	48	36	1,098	50
Winnipeg	732 <sup>8</sup>		68	98	48	36	982	125
Northern Saskatchewan	700	100 <sup>9</sup>	68	98	48		1,014	100
Regina	700		68	98	48		914	100
Alberta	745		75	98	48		966	115
British Columbia	494		68	98	48		708	100
Yukon (Old Crow)	1,375		68	98	48		1,589	100
ONE ADULT AND THREE CHILDREN (aged 8, 11 and 14)								
N.W.T. Scale 1 (Yellowknife)	558		102	146	48		854	100
5 (Broughton Island, Fort Franklin)	742		102	146	48		1,038	100
6 (Rankin Inlet, Pond Inlet, Iqaluit)	788		102	146	48		1,084	100
7 (Arctic Bay, Pangnirtung, Clyde River)	833		102	146	48		1,129	100
8 (Repulse Bay)	879		102	146	48		1,175	100
10 (Gjoa Haven)	970		102	146	48		1,266	100
Northern Quebec	675 <sup>4</sup>		192	146	48		1,061	88
Val-d'Or	475 <sup>4</sup>		192	146	48		861	88
Labrador (Newfoundland)	536	88 <sup>5</sup>	102	146	48		832	100
Northern Ontario	912 <sup>6</sup>	215 <sup>7</sup>	102	146	48	25	1,448	175
Ottawa	812		102	146	48	25	1,133	175
Northern Manitoba (Churchill)	670	120	102	146	48	36	1,122	50
Winnipeg	670 <sup>8</sup>		102	146	48	36	1,002	50
Northern Saskatchewan	690	100 <sup>9</sup>	102	146	48		1,086	100
Regina	690		102	146	48		986	100
Alberta	686		118	146	48		998	115
British Columbia	544		102	146	48		840	100
Yukon (Old Crow)	1,348		102	146	48		1,644	100

<sup>1</sup> Excludes shelter and utilities costs. Rates of assistance are long-term in Manitoba and Saskatchewan. The Basic Assistance scales include a budget for food, clothing, personal needs and household supplies (maintenance). In Newfoundland and Labrador and Quebec, utilities are normally included in the basic assistance payment. In Newfoundland and Labrador the cost of utilities is set at \$74. This amount has been deducted to arrive at the amount of basic assistance shown here. For Quebec see footnote 4. Elsewhere, social assistance recipients receive a separate shelter allowance which covers rent and utilities, i.e., fuel, electricity and water. All applicants submit to a "needs test" and assistance is provided according to a scale of needs based on the number of dependants claimed by the applicant. The amounts indicated are the maximum allowable.

<sup>2</sup> Based on the credit for the 1991 taxation year prorated to a monthly basis.

<sup>3</sup> Sales tax credit in Ontario; cost of living tax credit in Manitoba; both were prorated to a monthly basis.

<sup>4</sup> Amount payable when the applicant has formally indicated an intention to participate in an employability measure, i.e., training, community service, wage subsidization, or job counselling, but no such measure is available at time of request. In northern Quebec, the Société d'habitation du Québec applies a fixed rate shelter cost (including utilities) to social assistance recipients of \$170 for a three bedroom house. Since this shelter cost is \$15 less than the minimum shelter cost (\$185) allowable in order to receive the maximum basic assistance, the basic assistance is reduced by \$15. In Val-d'Or rent (including utilities) is assumed to be \$427 for a 2 adult 2 children family and \$441 for a 1 adult 3 children family, based on average costs in 1991.

<sup>5</sup> The \$88 a month Labrador household fuel allowance, available between November 1 and April 30, is not included in the total.

<sup>6</sup> General Welfare Assistance. Includes an estimated \$100 from unused portion of the Basic Shelter Allowance.

<sup>7</sup> Paid to households living north of 50° latitude in Ontario.

<sup>8</sup> The two adult and two child scenario in Winnipeg falls under a municipal income security program. The one adult and three child scenario falls under a provincial provision and the adult is considered to be unemployed and unemployable.

<sup>9</sup> Northern food allowance of \$25 per beneficiary.

TABLE 15 TOTAL INCOME OF UNEMPLOYED EMPLOYABLE SOCIAL ASSISTANCE RECIPIENTS, SEPTEMBER 1992

Region	Basic Assistance <sup>1</sup> (\$)	Northern Allowance (\$)	Family Allowance (\$)	Child Tax Credit <sup>2</sup> (\$)	GST Credit <sup>2</sup> (\$)	Provincial Tax Credit <sup>3</sup> (\$)	Total Income (excluding earnings exemption) (\$)	Maximum Earnings Exemption (\$)
TWO ADULTS AND TWO CHILDREN (aged 8 and 14)								
N.W.T. Scale 1 (Yellowknife)	558		70	100	49		777	100
5 (Broughton Island, Fort Franklin)	742		70	100	49		961	100
6 (Rankin Inlet, Pond Inlet, Iqaluit)	788		70	100	49		1,007	100
7 (Arctic Bay, Pangnirtung, Clyde River)	833		70	100	49		1,052	100
8 (Repulse Bay)	879		70	100	49		1,098	100
10 (Gjoa Haven)	970		70	100	49		1,189	100
Northern Quebec	920 <sup>4</sup>		89	100	49		1,158	58
Val-d'Or	700 <sup>4</sup>		89	100	49		938	58
Labrador (Newfoundland)	542	90 <sup>5</sup>	70	100	49		761	100
Northern Ontario	898 <sup>6</sup>	275 <sup>7</sup>	70	100	49	25	1,417	150
Ottawa	798		70	100	49	25	1,042	150
Northern Manitoba (Churchill) <sup>8</sup>	831	127	70	100	49		1,177	120
Winnipeg	779 <sup>9</sup>		70	100	49	36	1,034	125
Northern Saskatchewan	700	200 <sup>10</sup>	70	100	49		1,119	100
Regina	700		70	100	49		919	100
Alberta	778		77	100	49		1,004	115
British Columbia	542		70	100	49		761	200
Yukon (Old Crow)	1,375		70	100	49		1,594	100
ONE ADULT AND THREE CHILDREN (aged 8, 11 and 14)								
N.W.T. Scale 1 (Yellowknife)	558		105	150	49		862	100
5 (Broughton Island, Fort Franklin)	742		105	150	49		1,046	100
6 (Rankin Inlet, Pond Inlet, Iqaluit)	788		105	150	49		1,092	100
7 (Arctic Bay, Pangnirtung, Clyde River)	833		105	150	49		1,137	100
8 (Repulse Bay)	879		105	150	49		1,183	100
10 (Gjoa Haven)	970		105	150	49		1,274	100
Northern Quebec	713 <sup>4</sup>		198	150	49		1,110	92
Val-d'Or	520 <sup>4</sup>		198	150	49		917	92
Labrador (Newfoundland)	548	90 <sup>5</sup>	105	150	49		852	100
Northern Ontario	993 <sup>6</sup>	293 <sup>7</sup>	105	150	49	25	1,615	175
Ottawa	893		105	150	49	25	1,222	175
Northern Manitoba (Churchill) <sup>8</sup>	773	125	105	150	49		1,202	120
Winnipeg	773 <sup>9</sup>		105	150	49		1,077	167
Northern Saskatchewan	700	200 <sup>10</sup>	105	150	49		1,204	100
Regina	700		105	150	49		1,004	100
Alberta	752		121	150	49		1,072	115
British Columbia	616		105	150	49		920	200
Yukon (Old Crow)	1,348		105	150	49		1,652	100

<sup>1</sup> Excludes shelter and utilities costs. Rates of assistance are long-term (more than 90 days) in Manitoba and Saskatchewan. The Basic Assistance scales include a budget for food, clothing, personal needs and household supplies (maintenance). In Newfoundland and Labrador and Quebec, utilities are normally included in the basic assistance payment. In Newfoundland and Labrador the cost of utilities is set at \$76. This amount has been deducted to arrive at the amount of basic assistance shown here. For Quebec see footnote 4. Elsewhere, social assistance recipients receive a separate shelter allowance which covers rent and utilities, i.e., fuel, electricity and water. All applicants submit to a "needs test" and assistance is provided according to a scale of needs based on the number of dependants claimed by the applicant. The amounts indicated are the maximum allowable.

<sup>2</sup> Based on the credit for the 1992 taxation year prorated to a monthly basis.

<sup>3</sup> Sales tax credit in Ontario; cost of living tax credit in Winnipeg; both were prorated to a monthly basis.

<sup>4</sup> Amount payable when the applicant has formally indicated an intention to participate in an employability measure, i.e., training, community service, wage subsidization, or job counselling, but no such measure is available at time of request. In northern Quebec, the Société d'habitation du Québec applies a fixed rate shelter cost (including utilities) to social assistance recipients of \$179 for a three bedroom house. Since this shelter cost is \$6 less than the minimum shelter cost (\$185) allowable in order to receive the maximum basic assistance, the basic assistance is reduced by \$6. In Val-d'Or, rent (including utilities) is assumed to be \$464 for a 2 adult 2 children family and \$378 for a 1 adult 3 children family, based on average costs in 1992.

<sup>5</sup> The \$90 a month Labrador household fuel allowance, available between November 1 and April 30, is not included in the total.

<sup>6</sup> General Welfare Assistance. Includes an estimated \$100 from unused portion of the Basic Shelter Allowance. As of October 1991, General Welfare Assistance rates for sole support parents were increased to match the Family Benefit Allowance rates for sole support parents.

<sup>7</sup> Paid to households living north of 50° latitude in Ontario.

<sup>8</sup> Churchill recipients receive an additional 25% for a northern remote area food allowance and a supplementary benefit based on the Manitoba Cost of Living and Property Tax Credits.

<sup>9</sup> The two adult and two child scenario in Winnipeg falls under a municipal income security program. The one adult and three child scenario falls under a provincial provision and the adult is considered to be unemployed and unemployable.

<sup>10</sup> Northern Saskatchewan food allowance of \$50 per beneficiary in communities north of 54° latitude.



TABLE 16

## TOTAL INCOME OF UNEMPLOYED EMPLOYABLE SOCIAL ASSISTANCE RECIPIENTS, SEPTEMBER 1993

Region	Basic Assistance <sup>1</sup> (\$)	Northern Allowance (\$)	Child Tax Benefit <sup>2</sup> (\$)	GST Credit <sup>3</sup> (\$)	Provincial Tax Credit <sup>4</sup> (\$)	Total Income (excluding earnings exemption) (\$)	Maximum Earnings Exemption (\$)
<b>TWO ADULTS AND TWO CHILDREN (Aged 8 and 14)</b>							
N.W.T. Scale 1 (Yellowknife)	601		170	51		822	100
3 (Inuvik)	698		170	51		919	100
5 (Broughton Island, Fort Franklin)	794		170	51		1,015	100
6 (Rankin Inlet, Pond Inlet, Iqaluit)	842		170	51		1,063	100
7 (Arctic Bay, Pangnirtung, Clyde River)	890		170	51		1,111	100
8 (Repulse Bay, Coral Harbour)	938		170	51		1,159	100
10 (Gjoa Haven)	1,034		170	51		1,255	100
Northern Quebec	870 <sup>5</sup>		189	51		1,110	59
Val-d'Or	719 <sup>5</sup>		189	51		959	59
Labrador (Newfoundland)	542	90 <sup>6</sup>	170	51		763	100
Northern Ontario	908 <sup>7</sup>	280 <sup>8</sup>	170	51	25	1,434	150
Ottawa	808		170	51	25	1,054	150
Northern Manitoba (Churchill) <sup>9</sup>	820	129	170	51		1,170	167
Winnipeg	793 <sup>10</sup>		170	51	36	1,050	167
Northern Saskatchewan	700	200 <sup>11</sup>	170	51		1,121	100
Regina, Prince Albert	700		170	51		921	100
Alberta	778		178	51		1,007	115
British Columbia	564		170	51		785	200
Yukon Scale 1 (Whitehorse)	950		170	51		1,171	100
3 (Old Crow)	1,494		170	51		1,715	100
<b>ONE ADULT AND THREE CHILDREN (Aged 8, 11 and 14)</b>							
N.W.T. Scale 1 (Yellowknife)	601		255	51		907	100
3 (Inuvik)	698		255	51		1,004	100
5 (Broughton Island, Fort Franklin)	794		255	51		1,100	100
6 (Rankin Inlet, Pond Inlet, Iqaluit)	842		255	51		1,148	100
7 (Arctic Bay, Pangnirtung, Clyde River)	890		255	51		1,196	100
8 (Repulse Bay, Coral Harbour)	938		255	51		1,244	100
10 (Gjoa Haven)	1,034		255	51		1,340	100
Northern Quebec	692 <sup>5</sup>		355	51		1,098	94
Val-d'Or	518 <sup>5</sup>		355	51		924	94
Labrador (Newfoundland)	548	90 <sup>6</sup>	255	51		854	100
Northern Ontario	1,003 <sup>8</sup>	317 <sup>8</sup>	255	51	25	1,651	175
Ottawa	903		255	51	25	1,234	175
Northern Manitoba (Churchill) <sup>9</sup>	756	132	255	51		1,194	167
Winnipeg	762 <sup>10</sup>		261	51		1,074	167
Northern Saskatchewan	700	200 <sup>11</sup>	255	51		1,206	100
Regina, Prince Albert	700		255	51		1,006	100
Alberta	752		272	51		1,075	115
British Columbia	641		255	51		947	200
Yukon Scale 1 (Whitehorse)	923		255	51		1,229	100
3 (Old Crow)	1,467		255	51		1,773	100

<sup>1</sup> Excludes shelter and utilities costs. Rates of assistance are long-term (more than 90 days) in Manitoba and Saskatchewan. The Basic Assistance scales include a budget for food, clothing, personal needs and household supplies (maintenance). In Newfoundland and Labrador and Quebec, utilities are normally included in the basic assistance payment. In Newfoundland and Labrador the cost of utilities is set at \$76. This amount has been deducted to arrive at the amount of basic assistance shown here. For Quebec see footnote 5. Elsewhere, social assistance recipients receive a separate shelter allowance which covers rent and utilities, i.e., fuel, electricity and water.

<sup>2</sup> Based on the credit for the 1993 taxation year prorated to a monthly basis. The former Child Tax Credit, Family Allowance and non-refundable credit for dependent children have been consolidated into one Child Tax Benefit. Alberta and Quebec differentiate the Child Tax Benefit by age.

<sup>3</sup> Based on the credit for the 1993 taxation year prorated to a monthly basis.

<sup>4</sup> Sales tax credit in Ontario; cost of living tax credit in Winnipeg; both were prorated to a monthly basis.

<sup>5</sup> Amount payable when the applicant has formally indicated an intention to participate in an employability measure, i.e., training, community service, wage subsidization, or job counselling, but no such measure is available at time of request. In northern Quebec, the Société d'habitation du Québec applies a fixed rate shelter cost (including utilities) to social assistance recipients of \$182 for a three bedroom house. In Val-d'Or, rent (including utilities) is assumed to be \$466 for a 2 adult 2 children family and \$426 for a 1 adult 3 children family, based on average costs in 1993.

<sup>6</sup> The \$90 a month Labrador household fuel allowance, available between November 1 and April 30, is not included in the total.

<sup>7</sup> General Welfare Assistance. Includes an estimated \$100 from unused portion of the Basic Shelter Allowance.

<sup>8</sup> Paid to households living north of 50° latitude in Ontario.

<sup>9</sup> Churchill recipients receive an additional 25% for a northern remote area food allowance and a supplementary benefit based on the Manitoba Cost of Living and Property Tax Credits.

<sup>10</sup> The two adult and two child scenario in Winnipeg falls under a municipal income security program. The one adult and three child scenario falls under a provincial provision and the adult is considered to be unemployed and unemployable.

<sup>11</sup> Northern Saskatchewan food allowance of \$50 per beneficiary in communities north of 54° latitude.

TABLE 17 FEEDING A FAMILY OF FOUR\* ON SOCIAL ASSISTANCE, 1990-93

Region / Community	Monthly Food Cost for Family of Four				Total Monthly Social Assistance Income**				Per Cent of Total Social Assistance Income Required for Food			
	1990~	1991~	1992~	1993	1990	1991	1992	1993	1990	1991	1992	1993
<b>Baffin</b>												
Iqaluit	\$1,038	\$1,139	\$1,124	\$1,067	\$944	\$1,002	\$1,007	\$1,063	110	114	112	100
Arctic Bay	\$1,270	-	\$1,260	\$1,237	\$986	-	\$1,052	\$1,111	129	-	120	111
Broughton Island	\$1,185	-	\$1,218	\$1,390	\$901	-	\$961	\$1,015	132	-	127	137
Clyde River	-	\$1,244	\$1,140	\$1,131	-	\$1,047	\$1,052	\$1,111	-	119	108	102
Pangnirtung	\$1,148	-	\$1,170	\$1,162	\$986	-	\$1,052	\$1,111	116	-	111	105
Pond Inlet	\$1,259	\$1,266	\$1,142	\$1,155	\$944	\$1,002	\$1,007	\$1,063	133	126	113	109
<b>Keewatin</b>												
Rankin Inlet	\$1,108	-	-	\$1,130	\$944	-	-	\$1,063	117	-	-	106
Repulse Bay	\$1,218	\$1,270	\$1,212	\$1,178	\$1,028	\$1,093	\$1,098	\$1,159	119	116	110	102
Coral Harbour	-	-	-	\$1,266	-	-	-	\$1,159	-	-	-	109
<b>Kitikmeot</b>												
Gjoa Haven	\$1,229	\$1,378	\$1,200	\$1,191	\$1,113	\$1,184	\$1,189	\$1,255	110	116	101	95
<b>Western Arctic</b>												
Yellowknife	\$670	\$728	\$739	\$640	\$732	\$772	\$777	\$822	92	94	95	78
Fort Franklin	-	\$1,111	\$1,056	\$1,091	-	\$956	\$961	\$1,015	-	116	110	107
Inuvik	-	-	-	\$936	-	-	-	\$919	-	-	-	102
<b>Quebec</b>												
Val-d'Or	\$542	\$563	\$575	\$596	\$853	\$910	\$938	\$959	64	62	61	62
Povungnituk	\$860	\$904	\$959	\$955	\$1,029	\$1,105	\$1,158	\$1,110	84	82	83	86
Salluit	\$912	-	-	\$1,033	\$1,029	-	-	\$1,110	89	-	-	93
Kangiqsujuag	-	\$912	\$924	\$979	-	\$1,105	\$1,158	\$1,110	-	82	80	88
Kuujuuaq	\$827	\$872	\$875	\$953	\$1,029	\$1,105	\$1,158	\$1,110	80	79	76	86
<b>Newfoundland and Labrador</b>												
St. John's	\$582	-	\$570	\$588	\$718	-	\$761	\$763	81	-	75	77
Goose Bay	\$687	\$652	\$664	\$652	\$718	\$745	\$761	\$763	96	88	87	85
Davis Inlet	-	-	\$721	\$758	-	-	\$761	\$763	-	-	95	99
Nain	\$660	\$646	\$684	\$820	\$718	\$745	\$761	\$763	92	87	90	107
Rigolet	\$714	\$693	\$879	\$848	\$718	\$745	\$761	\$763	99	93	115	111
<b>Ontario</b>												
Ottawa	\$489	\$524	\$517	\$543	\$942	\$1,020	\$1,042	\$1,054	52	51	50	52
Thunder Bay	-	\$572	\$620	\$558	-	\$1,020	\$1,042	\$1,054	-	56	59	53
Pickle Lake	-	-	-	\$708	-	-	-	\$1,334	-	-	-	53
Peawanuck	-	\$971	-	\$889	-	\$1,341	-	\$1,434	-	72	-	62
Fort Severn	\$1,057	\$1,144	\$1,104	\$1,124	\$1,245	\$1,341	\$1,417	\$1,434	85	85	78	78
Sachigo Lake	\$959	-	\$975	\$1,024	\$1,245	-	\$1,417	\$1,434	77	-	69	71
Timmins	-	\$533	\$560	\$527	-	\$1,020	\$1,042	\$1,054	-	52	54	50
Kapuskasing	-	\$653	\$631	\$630	-	\$1,020	\$1,042	\$1,054	-	64	61	60
Attawapiskat	-	\$1,055	\$1,047	-	-	\$1,341	\$1,417	-	-	79	74	-
<b>Manitoba</b>												
Winnipeg	-	\$551	\$575	\$596	-	\$982	\$1,034	\$1,050	-	56	56	57
Churchill	-	\$750	\$756	\$790	-	\$1,098	\$1,177	\$1,170	-	68	64	68
<b>Saskatchewan</b>												
Regina	-	\$535	\$589	-	-	\$914	\$919	-	-	59	64	-
Prince Albert	-	-	-	\$649	-	-	-	\$921	-	-	-	70
La Ronge	-	\$668	\$701	-	-	\$1,014	\$1,119	-	-	66	63	-
Black Lake	-	\$994	\$1,130	\$1,012	-	\$1,014	\$1,119	\$1,121	-	98	101	90
<b>Yukon</b>												
Whitehorse	-	-	-	\$776	-	-	-	\$1,171	-	-	-	66
Old Crow	-	\$1,512	\$1,483	\$1,406	-	\$1,589	\$1,594	\$1,715	-	95	93	82

\*\* Reference family includes woman (25 - 49 years), a man (25-49 years), a boy (13 - 15 years) and a girl (7-9 years).

\*\* Includes basic allowance (food, clothing, personal care), northern allowance, family allowance, federal sales tax credit or GST, provincial sales tax credits. Excludes income and expenditures for housing, utilities and special needs. ~Revised prices.



**TABLE 18 FEEDING A FAMILY OF ONE ADULT AND THREE CHILDREN\* ON SOCIAL ASSISTANCE, 1990-93**

Region/Community	Monthly Food Cost for Family of Four				Total Monthly Social Assistance Income**				Per Cent of Total Social Assistance Income Required for Food			
	1990	1991	1992	1993	1990	1991	1992	1993	1990	1991	1992	1993
<b>Baffin</b>												
Iqaluit	\$991	\$1,086	\$1,073	\$1,022	\$1,022	\$1,084	\$1,092	\$1,148	97	100	98	89
Arctic Bay	\$1,208	-	\$1,197	\$1,184	\$1,064	-	\$1,137	\$1,196	114	-	105	99
Broughton Island	\$1,122	-	\$1,160	\$1,323	\$979	-	\$1,046	\$1,100	115	-	111	120
Clyde River	-	\$1,186	\$1,086	\$1,077	-	\$1,129	\$1,137	\$1,196	-	105	96	90
Pangnirtung	\$1,087	-	\$1,116	\$1,111	\$1,064	-	\$1,137	\$1,196	102	-	98	93
Pond Inlet	\$1,196	\$1,201	\$1,085	\$1,103	\$1,022	\$1,084	\$1,092	\$1,148	117	111	99	96
<b>Keewatin</b>												
Rankin Inlet	\$1,057	-	-	\$1,077	\$1,022	-	-	\$1,148	103	-	-	94
Repulse Bay	\$1,160	\$1,208	\$1,144	\$1,124	\$1,106	\$1,175	\$1,183	\$1,244	105	103	97	90
Coral Harbour	-	-	-	\$1,205	-	-	-	\$1,244	-	-	-	97
<b>Kitikmeot</b>												
Gjoa Haven	\$1,167	\$1,317	\$1,146	\$1,136	\$1,191	\$1,266	\$1,274	\$1,340	98	104	90	85
<b>Western Arctic</b>												
Yellowknife	\$641	\$698	\$707	\$616	\$809	\$854	\$862	\$907	79	82	82	68
Fort Franklin	-	\$1,055	\$1,001	\$1,037	-	\$1,038	\$1,046	\$1,100	-	102	96	94
Inuvik	-	-	-	\$896	-	-	-	\$1,004	-	-	-	89
<b>Quebec</b>												
Val-d'Or	\$522	\$539	\$549	\$569	\$808	\$861	\$917	\$924	65	63	60	62
Povungnituk	\$822	\$867	\$919	\$917	\$980	\$1,061	\$1,110	\$1,098	84	82	83	84
Salluit	\$871	-	-	\$991	\$980	-	-	\$1,098	89	-	-	90
Kangiqsujuaq	-	\$877	\$887	\$939	-	\$1,061	\$1,110	\$1,098	-	83	80	86
Kuujuuaq	\$793	\$835	\$839	\$911	\$980	\$1,061	\$1,110	\$1,098	81	79	76	83
<b>Newfoundland and Labrador</b>												
St. John's	\$555	-	\$546	\$563	\$746	-	\$852	\$854	74	-	64	66
Goose Bay	\$654	\$624	\$635	\$625	\$746	\$832	\$852	\$854	88	75	75	73
Davis Inlet	-	-	\$701	\$729	-	-	\$852	\$854	-	-	82	85
Nain	\$634	\$621	\$672	\$786	\$746	\$832	\$852	\$854	85	75	79	92
Rigolet	\$685	\$666	\$837	\$811	\$746	\$832	\$852	\$854	92	80	98	95
<b>Ontario</b>												
Ottawa	\$469	\$503	\$495	\$523	\$1,048	\$1,133	\$1,222	\$1,234	45	44	41	42
Thunder Bay	-	\$549	\$597	\$537	-	\$1,133	\$1,222	\$1,234	-	48	49	44
Pickle Lake	-	-	-	\$682	-	-	-	\$1,551	-	-	-	44
Peawanuck	-	\$933	-	\$857	-	\$1,448	-	\$1,651	-	64	-	52
Fort Severn	\$1,011	\$1,091	\$1,055	\$1,075	\$1,345	\$1,448	\$1,615	\$1,651	75	75	65	65
Sachigo Lake	\$918	-	\$940	\$986	\$1,345	-	\$1,615	\$1,651	68	-	58	60
Timmins	-	\$514	\$537	\$509	-	\$1,133	\$1,222	\$1,234	-	45	44	41
Kapuskasing	-	\$630	\$605	\$606	-	\$1,133	\$1,222	\$1,234	-	56	49	49
Attawapiskat	-	\$1,006	\$1,002	-	-	\$1,448	\$1,615	-	-	69	62	-
<b>Manitoba</b>												
Winnipeg	-	\$529	\$552	\$573	-	\$1,002	\$1,077	\$1,074	-	53	51	53
Churchill	-	\$720	\$732	\$759	-	\$1,122	\$1,202	\$1,194	-	64	61	64
<b>Saskatchewan</b>												
Regina	-	\$513	\$563	-	-	\$986	\$1,004	-	-	52	56	-
Prince Albert	-	-	-	\$619	-	-	-	\$1,006	-	-	-	62
La Ronge	-	\$641	\$672	-	-	\$1,086	\$1,204	-	-	59	56	-
Black Lake	-	\$947	\$1,081	\$967	-	\$1,086	\$1,204	\$1,206	-	87	90	80
<b>Yukon</b>												
Whitehorse	-	-	-	\$742	-	-	-	\$1,229	-	-	-	60
Old Crow	-	\$1,449	\$1,418	\$1,343	-	\$1,644	\$1,652	\$1,773	-	88	86	76

\* Family includes a woman (25-49 years), a boy (7-9 years), a boy 13-15 years and a girl (10-12 years).

\*\* Includes basic allowance (food, clothing, personal care), northern allowance, family allowance, federal sales tax credit or GST, provincial sales tax credits. Excludes income and expenditures for housing, utilities and special needs. - Revised prices.

TABLE 19 FEEDING A FAMILY OF FOUR\* ON MINIMUM WAGE~, 1990 - 1993

Community	Monthly Food Cost for Family of Four				Total Monthly Minimum Wage Income~				Percent of Minimum Wage Income Required for Food			
	1990**	1991**	1992**	1993	1990	1991	1992	1993	1990	1991	1992	1993
Iqaluit	\$1,038	\$1,139	\$1,124	\$1,067	\$1,055	\$1,341	\$1,346	\$1,389	98	85	84	77
Arctic Bay	\$1,270	-	\$1,260	\$1,237	\$1,055	-	\$1,346	\$1,389	120	-	94	89
Broughton	\$1,185	-	\$1,218	\$1,390	\$1,055	-	\$1,346	\$1,389	112	-	91	100
Clyde River	-	\$1,244	\$1,140	\$1,131	-	\$1,341	\$1,346	\$1,389	-	93	85	81
Pangnirtung	\$1,148	-	\$1,170	\$1,162	\$1,055	-	\$1,346	\$1,389	109	-	87	84
Pond Inlet	\$1,259	\$1,266	\$1,142	\$1,155	\$1,055	\$1,341	\$1,346	\$1,389	119	94	85	83
Rankin Inlet	\$1,108	-	-	\$1,130	\$1,055	-	-	\$1,389	105	-	-	81
Repulse Bay	\$1,218	\$1,270	\$1,212	\$1,178	\$1,055	\$1,341	\$1,346	\$1,389	116	95	90	85
Coral Harbour	-	-	-	\$1,266	-	-	-	\$1,389	-	-	-	91
Gjoa Haven	\$1,229	\$1,378	\$1,200	\$1,191	\$1,055	\$1,341	\$1,346	\$1,389	117	103	89	86
Yellowknife	\$670	\$728	\$739	\$640	\$1,055	\$1,341	\$1,346	\$1,389	64	54	55	46
Fort Franklin	-	\$1,111	\$1,056	\$1,091	-	\$1,341	\$1,346	\$1,389	-	83	78	79
Inuvik	-	-	-	\$936	-	-	-	\$1,389	-	-	-	67
Val-d'Or	\$542	\$563	\$575	\$596	\$1,072	\$1,151	\$1,200	\$1,251	51	49	48	48
Povungnituk	\$860	\$904	\$959	\$955	\$1,072	\$1,151	\$1,200	\$1,251	80	79	80	76
Salluit	\$912	-	-	\$1,033	\$1,072	-	-	\$1,251	85	-	-	83
Kangiqsujaq	-	\$912	\$924	\$979	-	\$1,151	\$1,200	\$1,251	-	79	77	78
Kuujuuaq	\$827	\$872	\$875	\$953	\$1,072	\$1,151	\$1,200	\$1,251	77	76	73	76
St. John's	\$582	-	\$570	\$588	\$925	-	\$1,042	\$1,111	63	-	55	53
Goose Bay	\$687	\$652	\$664	\$652	\$925	\$1,037	\$1,042	\$1,111	74	63	64	59
Davis Inlet	-	-	\$721	\$758	-	-	\$1,042	\$1,111	-	-	69	68
Nain	\$660	\$646	\$684	\$820	\$925	\$1,037	\$1,042	\$1,111	71	62	66	74
Rigolet	\$714	\$693	\$879	\$848	\$925	\$1,037	\$1,042	\$1,111	77	67	84	76
Ottawa	\$489	\$524	\$517	\$543	\$1,081	\$1,279	\$1,284	\$1,388	45	41	40	39
Thunder Bay	-	\$572	\$620	\$558	-	\$1,175	\$1,259	\$1,388	-	49	49	40
Pickle Lake	-	-	-	\$708	-	-	-	\$1,388	-	-	-	51
Peawanuck	-	\$971	-	\$889	-	\$1,175	-	\$1,388	-	83	-	64
Fort Severn	\$1,057	\$1,144	\$1,104	\$1,124	\$1,081	\$1,175	\$1,259	\$1,388	98	97	88	81
Sachigo Lake	\$959	-	\$975	\$1,024	\$1,081	-	\$1,259	\$1,388	89	-	77	74
Timmins	-	\$533	\$560	\$527	-	\$1,175	\$1,259	\$1,388	-	45	44	38
Kapuskasing	-	\$653	\$631	\$630	-	\$1,150	\$1,259	\$1,388	-	57	50	45
Attawapiskat	-	\$1,055	\$1,047	-	-	\$1,150	\$1,259	-	-	92	83	-
Winnipeg	-	\$551	\$575	\$596	-	\$1,117	\$1,122	\$1,129	-	49	51	53
Churchill	-	\$750	\$764	\$790	-	\$1,117	\$1,086	\$1,153	-	67	70	68
Regina	-	\$535	\$589	-	-	\$1,081	\$1,086	-	-	49	54	-
Prince Albert	-	-	-	\$649	-	-	-	\$1,190	-	-	-	55
La Ronge	-	\$668	\$701	-	-	\$1,081	\$1,086	-	-	62	65	-
Black Lake	-	\$994	\$1,130	\$1,012	-	\$1,081	\$1,301	\$1,190	-	92	87	85
Whitehorse	-	-	-	\$776	-	-	-	\$1,344	-	-	-	58
Old Crow	-	\$1,512	\$1,483	\$1,406	-	\$1,296	\$1,301	\$1,344	-	117	114	105

\* Reference family includes woman (25 - 49 years), a man (25-49 years), a boy (13 - 15 years) and a girl (7-9 years).

~ Includes adult hourly minimum wage for a 40-hour week, child tax credit, family allowance, federal sales tax credit or GST credit, provincial tax credit. \*\* Revised prices. --- Includes working income supplement.







